

RECIPES



I. O. D. E.
Scotia
Chapter



ERRATA

Page 9—Luncheon Rolls, Mrs. E. B. McDaniel,
Read, $\frac{1}{4}$ c. lukewarm water instead $1\frac{1}{4}$ c.

Page 14—Peanut Butter Bread, Mrs. Benson.
Read. 1 t. salt; add 4 t. baking Powder.

Page 19—Sponge Cake, Miss Reta Donkin,
Read, Bake $1\frac{1}{2}$ hours in a slow oven.

Page 20—Chocolate Marble Cake, Mrs. C. D.
Armstrong,
Read, add 6 T. butter, 3 eggs separated.

Page 27—Cherry Almond Fudge, Mrs. Frank
Wellard,
Read, 5 c. sugar.

Page 41—Peanut Macaroons, Mrs. H. W.
Murdock,
Read, 2 c. brown sugar instead of white

Page 45—Ginger Cookies, Miss M. Harris,
Omit second amount cream of tartar,
add 2 eggs.

Page 46—Raisin Filled Cookies, Mrs. J. D.
Learment.
Add $2\frac{1}{2}$ c. flour.

I. O. D. E. RECIPES



COMPILED BY
SCOTIA CHAPTER
TRURO, NOVA SCOTIA

THE ROSS PRINT LIMITED
95 ARGYLE STREET, HALIFAX, N. S.



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“What does cookery mean”? It means the knowledge of all fruits and herbs and balms and spices. It means carefulness and inventiveness and watchfulness and willingness and readiness of appliance. It means the economy of your great grandmother and the science of modern chemists; it means much tasting and no wasting.”—*Ruskin.*

“Now good digestion wait on appetite,
And health on both!”—*Shakespeare (Macbeth)*

USEFUL INFORMATION

Remember in using this book that all measurements are level.
Abbreviations Used:

c.—cup

tbsp.—tablespoon

tsp.—teaspoon

f. d. or f. g.—few drops or few grains

Equivalents:

2 tsp.

—1 dessert spoon

3 tsp.

—1 tablespoon

16 tbsp.

—1 cup

1 fluid oz.

—2 tablespoons

1 teacup

— $\frac{1}{2}$ cup

size of a nut

—1 teaspoon

size of an egg

— $\frac{1}{4}$ cup

$\frac{1}{3}$ c. cocoa—1 sq. or 1 oz. chocolate, add $\frac{1}{2}$ tbsp. shortening

1 nutmeg grated—5 tsp. (average)

Sugar—1 lb. granulated—2 cups

1 lb. brown —3 cups

1 lb. powdered —3 cups

Flour—1 lb.—4 cups

Fat—1 c. packed solid— $\frac{1}{2}$ lb.

Chicken— $3\frac{1}{2}$ lb. chicken yields 2 c. diced meat

OVEN TEMPERATURES

Type of Oven

Slow	250°—350°
Moderate	350°—400°
Hot	400°—450°
Very Hot	450°—500°

Bread Time-Temperature Table

Fahrenheit Type of Oven Time

Loaves (yeast)	400° decreasing to 350°	Moderate	45 to 50 min.
Baking Powder	400°	Moderate	45 to 50 min.
Small forms:			
Rolls (yeast)	400°	Hot	15 to 20 min.
Biscuit	400°	Hot	15 min.
Muffins	400°	Hot	20 to 25 min.

Pastry Time-Temperature Table

Pastry Shell	500°	Very Hot	20 min.
Pie (filled)	450°	Hot	See recipes
Puff Paste	450°	Hot	See recipes
Meringue	300°	Slow	10 to 12 min.

Cake Time-Temperature Table

Loaves:			
ordinary	350°—400°	Moderate	40 min.
with fruit	350°	Moderate	Depends on thickness
with molasses			
or chocolate	350°	Moderate	Depends on thickness
rich fruit cake	250°	Slow or very slow	1 hr. or more
Sponge Cake			
Angel Cake	320°	Slow	1 hr.
Layer Cake	375°	Moderate	20 min.
Small Cakes,			
Cup Cakes	350°—400°	Moderate	25 min.
Cookies	450°	Hot	6 to 8 min.
with chocolate			
or molasses or			
much fruit	375°	Moderate	15 to 18 min.
drop	425°	Moderate	12 min.
Wafers	400°	Moderate	10 min.
Macaroons	300°	Slow	20 min.

Sugar Temperatures

Stage	Fahrenheit	Stage	Fahrenheit
Soft Ball	238°	Hard Crack	290°
Hard Ball	254°	Caramel	320°
Soft Crack	270°		

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Beverages and Cocktails

“Here let us feast, and to the feast be joined
Discourse, the sweeter banquet of the mind.”—*Pope*

CRANBERRY COCKTAIL

(*Mrs. J. Arch Fraser*)

4 C. cranberries	4 C. water
$\frac{2}{3}$ C. sugar	

Cook cranberries in water five minutes. Strain through cheesecloth. Bring juice to a boil, add sugar. Boil two minutes. Pour into jars and keep it cool. Makes $1\frac{1}{2}$ pts. Serve cold.

ORANGE CRUSH

(*Mrs. L. B. Schurman*)

$\frac{1}{2}$ doz. oranges	4 lbs. sugar
1 lemon	1 oz. citric acid

Prepare juice and grated rind of oranges and lemon. Add boiling water and citric acid. Let stand until thoroughly dissolved, stirring, occasionally—then bottle. Put quarter of glassful—fill up with rice water. (Refreshing).

LEMONADE SYRUP

(*Miss Marion Carter*)

6 lemons	1 oz. tartaric acid
5 lbs. white sugar	$\frac{1}{2}$ oz. Epsom salts
2 oz. citric acid	

Grate and squeeze lemons, add sugar and acids. Pour over this mixture $3\frac{1}{2}$ pts. boiling water. Let stand until dissolved, strain and bottle.

FRUIT SYRUP

(*Mrs. Kenneth Cox*)

Dissolve 3 lbs. sugar in $1\frac{1}{2}$ qts. hot water and simmer a few minutes. Add 1 oz. tartaric acid crystals, grated rind and juice of 3 lemons and 2 large oranges. Strain and bottle. Dilute with water, iced tea, ginger ale, pineapple juice, etc.

LEMON BEER

(*Mrs. Frances Casson*)

Slice two good sized lemons. Put with them one pound of sugar; over this pour one gallon of boiling water. When about milk warm, add one yeast cake. Bottle and cork well and set in a warm place for two or three days, then move to a cool place.

Breads

“Bread is the staff of life.”—*Dean Swift.*

WHOLE WHEAT BREAD

(*Mrs. A. W. MacKenzie*)

Mix well 10 C. bread flour	Salt
2 C. graham flour	1 yeast cake
3 C. bran	1 tbsp. shortening melted, with
1 C. molasses	enough water to knead bread

Let stand in a warm place. Work down, put in pans and allow it to rise again. Bake 1 hour in medium oven. This makes four small loaves.

BROWN BREAD

(*Mrs. C. A. Annand*)

2 C. rolled oats	1 C. molasses
1 C. Roman meal and Graham flour—mixed	1 tbsp. butter
3 tsp. salt	1 tbsp. lard
3 C. boiling water	6 or 7 C. flour
	1 yeast cake

Pour boiling water over meal and salt. Add shortening and molasses and stir well. When luke warm, add yeast cake, dissolved in $\frac{1}{2}$ C. of warm water. Stir in sifted flour and mix well. Cover and let set over night. In the morning, knead and shape into 3 loaves. Put in well greased pans. Let rise till double bulk. Bake in moderate oven—350°F. 1 hour and 10 minutes.

BROWN BREAD

(*Mrs. Dexter McCurdy*)

$\frac{1}{2}$ yeast cake	$\frac{1}{2}$ C. molasses
Small cooked potato, mashed	$\frac{1}{2}$ tbsp. salt
1 C. rolled oats	1 tbsp. butter
2 $\frac{1}{2}$ C. boiling water	5 C. flour

Mix at night and bake in morning in 2 small loaves.

BROWN BREAD

(*Mrs. D. A. Sandilands*)

1 $\frac{1}{2}$ C. lukewarm, water, dissolve in it, $\frac{1}{2}$ yeast cake	$\frac{1}{2}$ (scant) C. sugar
Add 1 tsp. salt, $\frac{1}{4}$ tsp. soda	1 C. oatmeal

Let rise over night, and in morning add enough flour to make it stiff, about 2 $\frac{1}{2}$ C. Knead. Put in pan. Let rise until double in bulk.

ROLLED OATS BREAD*(Mrs. Frank Stanfield)*

1 C. rolled oats	2 tbsp. salt
2 1/2 C. boiling water	1 yeast cake soaked in 1 C. warm water
1/4 C. molasses	Flour enough to roll.
2 tbsp. brown sugar	1 C. of graham flour may be used
2 tbsp. melted fat	

LUNCHEON ROLLS*(Mrs. E. B. McDaniel)*

To 1 C. of scalded milk, add 1/4 C. butter, 1 1/2 tbsp. sugar, 1/2 tsp. salt. When mixture is luke warm, add 1 yeast cake dissolved in 1 1/4 C. luke warm water, the white of one egg, well beaten and 3 3/4 C. flour.

Knead on slightly floured board, then let rise until light, covered with cloth. Shape into rolls, put in greased tin, cover and let rise until light, and bake.

BRAN ROLLS*(Mrs. C. A. Annand)*

1 C. shortening (half and half)	Add 1 C. all bran, 2 yeast cakes dissolved in 1 C. warm water and 1 tsp. sugar
3/4 C. sugar	Add 2 beaten eggs, 6 C. flour, salt

Pour over this 1 C. boiling water

Let rise until double bulk. Shape into rolls, put in greased pan. Let rise again. Bake in hot oven (400°F.) for 20 minutes.

ICE BOX ROLLS*(Mrs. R. M. Langille per D. C.)*

1 yeast cake	Dissolve scant tbsp. salt in
1/4 tsp. sugar	1 C. hot water, cool, then
Dissolve in 1/3 C. warm water	add 1 beaten egg and yeast
1/4 C. shortening (half butter and	mixture.
half lard)	Beat in 3 1/2 C. bread flour.

1/4 C. sugar

Let stand 3 hours in ice box, then form into shape. Let rise and bake.

PECAN ROLLS*(Mrs. Hugh R. Peel)*

Take about half the dough of above or any favorite roll recipe and roll it out to 1/2" thickness. Spread with melted butter and sprinkle with cinnamon. Roll up like a jelly roll and slice about 1/2" thick. Have 8"x10" pan or a large pie plate prepared as follows: Pour 2 tbsp. melted butter on the pan or plate, sprinkle with 1/4 C. brown sugar and 1/2 C. pecan nuts, not chopped. Place sliced rounds close together on top of this. Let rise as for rolls and bake about 15 to 20 minutes in oven 400°.

QUICK TEA ROLLS

(Mrs. F. L. Snook)

1 yeast cake	1 tsp. salt
$\frac{1}{2}$ C. scalded milk	3 C. flour
$\frac{1}{2}$ C. luke warm water	1 tbsp. white sugar
2 tbsp. shortening	

Add shortening to hot milk and let cool to luke warm. Dissolve sugar and yeast cake in water and add to milk. Beat in $\frac{1}{2}$ of the flour, using a strong rotary egg beater and beat at least 4 minutes. Then add remainder of flour with salt and knead thoroughly. Roll as for parker-house or shape in muffin tins. Let rise in warm place until double their bulk. Bake in hot oven. Makes 2 dozen.

Quickbreads

"I'm glad we had muffins. It's the short of night for muffins. Likewise, crumpets and also Sally Lunn."—Charles Dickens.

Proportions for Flour Mixtures

Pour batter	—1 C. liquid to 1 C. flour	—e.g. griddle cakes
Drop	" —1 C. " " 2 C. "	—e.g. cake, muffins
Soft dough	—1 C. " " 3 C. "	—e.g. biscuits, bread
Stiff	" —1 C. " " 4 C. "	—e.g. rolled cookies

PLAIN MUFFINS

(Miss H. R. McMullen)

2 C. flour	1 egg
4 tsp. baking powder	1 C. milk
2 tbsp. sugar	2 or 3 tbsp. melted fat
$\frac{1}{2}$ tsp. salt	

Measure and sift together into bowl flour, baking powder, sugar and salt. Beat egg until foamy; measure milk and turn into egg-milk mixture. Immediately turn wet ingredients into dry ingredients all at once, and stir vigorously until dry ingredients are just dampened. Do not beat. Fill into muffin tins. This method prevents tunnels and peaks in muffins.

CORN MUFFINS

(Mrs. G. T. Purdy)

$\frac{3}{4}$ C. sugar	$\frac{3}{4}$ C. milk
1 egg	$1\frac{1}{2}$ C. white flour
$\frac{1}{2}$ C. butter or dripping	1 tsp. baking powder
$\frac{3}{4}$ C. corn meal	

Cream butter with sugar. Add egg, milk and corn meal, and flour sifted with baking powder. Mix quickly. Bake in hot oven about 20 minutes. This makes 12 large muffins.

RICE MUFFINS

(Mrs. Oscar Rohn per L. B.)

1 C. granulated sugar	1 well beaten egg
Sift together:	
1 C. bread flour	2 tsp. cream of tartar
$\frac{1}{2}$ C. corn meal	Salt
1 tsp. soda	

Mix all together with 1 C. milk and $\frac{1}{4}$ C. melted butter. Add 1 C. cooked rice. Beat well. Bake in moderate oven in muffin tins.

BLUEBERRY MUFFINS

(Mrs. Jas. Archibald)

2 tbsp. butter	$2\frac{1}{4}$ C. flour
2 eggs	3 C. blueberries
1 C. sugar	3 tsp. baking powder
1 C. milk	A little nutmeg

Cream butter, add sugar, eggs, flour, milk. Fold in blueberries. Bake in hot oven 30 minutes.

BACON MUFFINS

(Miss Cora Archibald)

1 egg	$\frac{1}{2}$ tsp. salt
1 C. milk	4 tsp. baking powder
1 C. cooked rice	12 strips thinly sliced bacon
$1\frac{1}{2}$ C. flour	

Beat egg, add milk and rice; mix thoroughly. Add flour sifted with salt and baking powder. Line 12 muffin tins with strips of bacon. Fill $\frac{3}{4}$ full with batter and bake in hot oven 425° F about 30 minutes.

SOUTHERN MUFFINS

(Mrs. Chas. McLennan)

$2\frac{1}{2}$ C. cooked squash	3 tsp. baking powder
$\frac{1}{4}$ C. white sugar	$\frac{1}{2}$ tsp. salt
1 egg	1 C. flour
2 tsp. melted butter	

Beat egg, sugar and butter well. Add squash, salt and flour with baking powder. Bake in moderate oven 25 minutes. Milk or water may be added if squash is too dry.

WAFFLES

(Miss Mary Whidden)

2 C. pastry flour	2 eggs
3 tsp. baking powder	$1\frac{1}{4}$ C. milk
1 tsp. salt	6 tbsp. melted butter

Sift dry ingredients. Separate whites from yolks of eggs. Beat yolks in mixing bowl. Add milk, continue to beat with egg beater. Add sifted dry ingredients, add melted butter, stirring with spoon. Beat whites of eggs stiff in separate dish. Fold in stiffly beaten whites of eggs. Put 4 to 6 tbsp. of batter into waffle iron. Quickly close the iron. Bake until it stops steaming. Serve with maple syrup.

ORANGE BISCUIT*(Mrs. C. K. Munro)*

Mix 2 C. biscuit recipe. Cut biscuits and on top of each press in one piece of loaf sugar which has been dipped in orange juice. Bake in very hot oven.

CINNAMON BISCUIT*(Mrs. C. K. Munro)*

Mix 2 C. biscuit receipe and roll to $\frac{1}{4}$ ". Spread with cinnamon mixed with melted butter and little sugar. Roll like jelly roll. Slice. Bake in hot oven.

CHEESE DELIGHTS*(Mrs. G. T. Purdy)*

1 C. flour	8 tbsp. grated cheese
1 tbsp. butter rubbed in	$\frac{1}{2}$ C. cold water
3 tsp. baking powder	

Mix quickly, drop from spoon on buttered sheet and bake in hot oven (400°). When cooked, open one end and put piece of butter in. Serve warm.

SUNDAY HOT BREAD*(Mrs. G. R. Smith)*

$\frac{3}{4}$ C. sugar	$\frac{2}{3}$ C. milk
2 tbsp. butter	1 $\frac{1}{2}$ C. flour
$\frac{1}{4}$ tsp. salt	3 tsp. baking powder
1 egg	1 tsp. lemon or vanilla extract

Before putting in pan (cake pan) spread on bottom $\frac{1}{4}$ C. sugar mixed with 1 tsp. cinnamon. Bake 20-25 minutes in moderate oven.

QUICK AFTERNOON ROLLS*(Mrs. Lloyd Black)*

4 C. flour	Salt
3 tbsp. shortening	Enough milk to have a stiff
4 tsp. baking powder	dough

Let rise 1 hour. Make into small rolls. Brush with melted butter and bake 5 minutes; then brush over again and bake 20 minutes.

REFRIGERATOR CHEESE CHIPS*(Miss Lillian Baker)*

1 $\frac{1}{2}$ C. flour	Cold water
$\frac{1}{2}$ tsp. salt	Milk
$\frac{1}{4}$ tsp. paprika	Few grains cayenne
$\frac{1}{2}$ C. shortening	Caraway, celery or poppy seeds
$\frac{3}{4}$ C. grated cheese	

Combine flour, salt, paprika and cayenne. Cut in shortening with knife. Add cheese. Add enough water to hold ingredients together. Form into roll $1\frac{1}{2}$ " in diameter. Wrap in waxed paper, chill in refrigerator. Slice thin, place on greased baking sheet. Brush tops with milk. Sprinkle with seeds. Bake in hot oven (400°F) 10 minutes. Serve hot. Makes 50. (Dough will keep several days in refrigerator).

BUTTERSCOTCH BISCUIT*(Mrs. V. D. Crowe)*

2 C. flour	7/8 C. milk
5 tsp. baking powder	Salt
2 tbsp. butter	

Make like biscuit, roll out and spread with $\frac{1}{3}$ C. butter creamed with $\frac{3}{4}$ C. brown sugar. Roll like jelly roll and cut off pieces 1" thick. Bake like any biscuit.

CREAM SCONES*(Mrs. E. G. Moxon)*

2 C. flour	2 tbsp. melted butter
4 tsp. baking powder	2 eggs well beaten
$\frac{1}{2}$ tsp. salt	$\frac{1}{4}$ C. cream
2 tsp. sugar	

Make as tea biscuit. Beat white of one egg slightly, brush on top of each scone and sprinkle with sugar.

SCONES*(Mrs. Dexter McCurdy)*

2 C. bread flour	Salt
1 tsp. soda	1 egg white
2 tsp. cream of tartar	1 C. raisins
1 C. brown sugar	Milk
4 tbsp. shortening	

Mix and roll as for biscuit. Cut in diamond shape. Brush on top with yolk mixed in a bit of water.

GRAHAM SCONES*(Miss Marion Carter)*

1 C. white flour	$\frac{1}{2}$ tsp. soda
1 C. graham flour	2 tsp. baking powder
$\frac{3}{4}$ C. butter	1 egg beaten in a cup, saving
$\frac{3}{4}$ C. sugar	$\frac{1}{2}$ of egg to rub on top of
$\frac{1}{2}$ tsp. salt	scones.

Mix with enough cold water to make a soft dough. Roll, cut, rub with egg and bake until brown.

STEAMED BROWN BREAD*(Mrs. Kenneth Cox)*

1 C. white flour	1 tsp. baking powder
1 C. whole wheat flour	1 tsp. salt
1 C. cornmeal	$\frac{3}{4}$ C. molasses
1 tsp. soda	2 C. milk

Mix dry ingredients together; add molasses, then milk. Pour into buttered mould and steam for three hours.

WALNUT BREAD*(Mrs. Walter Snook)*

4 C. flour	1 C. sugar
4 tsp. baking powder	3 eggs
1 C. chopped nuts	3 tbsp. butter
1 tsp. salt	1½ C. milk

Let rise 20 minutes. Bake 40 minutes.

NUT LOAF*(Mrs. C. D. Armstrong)*

¾ C. brown sugar	1 tsp. vanilla
1 egg	2 C. flour
1 C. milk	3 tsp. baking powder
1 C. walnuts	Salt

To beaten egg, add brown sugar, vanilla and salt. Add dry ingredients alternately with milk, and add broken nuts. Let stand twenty minutes in a warm place, and cook in oven about 350° for 35 to 40 minutes.

PEANUT BUTTER BREAD*(Mrs. Jas. Benson per D. C.)*

2 C. flour	½ C. peanut butter
1 tsp. salt	1½ C. milk
½ C. sugar	½ C. dates, cut up fine

Mix dry ingredients, mix peanut butter in like butter, add dates and milk. Beat well. Cook 1 hour in slow oven in a loaf tin.

PINEAPPLE BREAD*(Mrs. H. W. Murdock)*

2 eggs beaten—add	1 C. crushed pineapple and
½ C. sugar	syrup
½ C. butter, melted and cooled	1 C. chopped walnuts, if
2 C. sifted bread flour, three times	desired
sifted with 3 tsp. baking	
powder, ½ tsp. salt	

Beat well and turn into well buttered pan, and bake in slow to medium oven 1 hour.

GRAPENUT BREAD*(Mrs. Frank Wellard)*

2 C. scalded milk	½ C. sugar
1 C. grapenuts	1 egg, well beaten
3 C. sifted flour	3 tbsp. melted butter or
4 tsp. baking powder	shortening
1½ tsp. salt	1 C. currants or raisins

Pour milk over grapenuts. Cool. Sift flour once, measure, add baking powder, salt, sugar, sift again. Add egg, shortening and fruits to grapenuts mixture, stirring only enough to dampen all flour. Turn into greased loaf pan 9 x 4 x 3 inches. Let stand 20 minutes. Bake in moderate oven (350°) 1 hr. and 20 min. or until done.

CRANBERRY ORANGE BREAD*(Mrs. Leonard Rafuse)*

2 C. flour	$\frac{1}{2}$ tsp. soda
$\frac{1}{2}$ tsp. salt	1 C. sugar
1 $\frac{1}{2}$ tsp. baking powder	

Sift above dry ingredients together. To juice and rind of 1 oranges add 2 tbsp. butter and boiling water to make $\frac{3}{4}$ cup. 1 egg well beaten. Add the liquid to the dry ingredients. Then add 1 C. chopped nuts, 1 C. cut cranberries. Bake for 1 hour (325°). Store 24 hours before cutting.

QUICK BROWN BREAD*(Mrs. Lloyd Black)*

2 C. graham flour	1 tsp. soda
2 C. white bread flour	1 tsp. salt
1 C. molasses	1 egg
1 C. milk	

Let rise 10 minutes before putting in oven, then cook very slowly.

ENGLISH NUT BREAD*(Mrs. L. B. Schurman)*

4 C. white flour	1 egg
1 C. white sugar	Milk to make soft dough
1 $\frac{1}{2}$ tsp. salt	$\frac{1}{2}$ lb. currants
$\frac{1}{2}$ tsp. nutmeg	$\frac{1}{3}$ lb. dates
$\frac{1}{2}$ C. shortening (butter and lard)	$\frac{1}{4}$ lb. raisins or 2 oz. red cherries
2 tsp. baking powder	$\frac{1}{4}$ C. walnuts
1 tsp. soda dissolved in milk	

Sift the flour, baking powder, salt and nutmeg together, work in shortening with finger tips. Add well beaten egg, milk with soda in it. Add fruit and mix well. Bake in greased pan in moderately hot oven 1 hour.

ORANGE BREAD*(Miss Reta Donkin)*

3 C. flour	1 C. milk
1 egg	3 tsp. baking powder
$\frac{1}{2}$ tsp. salt	Rind only of 2 oranges
1 C. white sugar	

Cook rind and 1 C. of water for 10 minutes with 1 C. of sugar. Boil until it forms a syrup. Add a half square of butter. Let this cool. Beat egg; when first mixture is cool, add to it the egg (beaten) and milk. Sift dry ingredients and add. Bake $\frac{3}{4}$ hour.

DATE LOAF*(Miss M. Harris)*

1 lb. dates (pitted)	2 C. flour
Cover with 1 C. boiling water and let stand until lukewarm	1 tsp. soda
1 C. sugar	1 tsp. baking powder
2 eggs	2 tsp. molasses
2 tsp. butter	Salt
Cook in moderate oven.	Nutmeg, if desired.

DATE BREAD*(Mrs. Geo. Wilson)*

1 lb. dates	1 C. brown sugar
$\frac{1}{2}$ C. walnuts	2 tbsp. butter
1 C. boiling water	$2\frac{1}{2}$ C. flour
1 tsp. soda	1 tsp. salt
1 egg	

Cut butter into flour, add sugar and egg well beaten. Pour boiling water (with soda added) over dates and nuts, which have been cut together, and leave until cool. Combine ingredients and mix thoroughly. Bake 45 minutes.

OLD FASHIONED OAT CAKES*(Mrs. Geo. W. Reid)*

3 C. oatmeal	$\frac{1}{2}$ C. shortening (lard and butter) filled with boiling water.
1 C. flour	
$\frac{1}{2}$ tsp. soda	

Roll right out.

Cakes

“The discovery of a new dish does more for the happiness of man than the discovery of a new star.”—*Savarin*.

WHITE CAKE*(Mrs. Frances Casson)*

$\frac{1}{2}$ lb. butter	1 tsp. soda
$1\frac{1}{2}$ c. white sugar	2 tsp. cream tartar
3 eggs	3 level c. pastry flour
1 c. milk	Vanilla and lemon flavoring

Cream soda and cream of tartar into butter, add sugar a little at a time. Beat eggs, and add with flour and milk a little at a time. Bake about one hour in slow oven.

BIRTHDAY CAKE

(Mrs. A. W. MacKenzie)

1 $\frac{1}{4}$ c. sugar	2 tsp. baking powder (level)
$\frac{1}{2}$ c. butter	Pinch salt
$\frac{2}{3}$ c. milk	1 tsp. vanilla
2 c. pastry flour	3 eggs unbeaten

Cream butter and sugar, add milk and beat well. Add flour sifted with baking powder and salt. Add flavoring. Add eggs one at a time. Beat each one thoroughly, this is essential. Bake at 360°.

LADY BALTIMORE CAKE

(Miss Millie Yuill)

1 c. butter	2 tsp. baking powder
2 c. sugar	1 tsp. vanilla
1 c. milk	Beaten whites 6 eggs
3 $\frac{1}{2}$ c. flour	$\frac{1}{4}$ tsp. salt

Cream butter, add sugar. Beat until white, add eggs and continue beating. Add flour sifted with baking powder and salt. Add vanilla. Bake 40 minutes in moderate oven in two layers.

Filling and Frosting:

3 c. sugar	1 c. chopped raisins
1 c. water	1 c. chopped walnuts
3 egg whites	5 chopped figs.

Boil sugar and water until it threads. Pour over beaten whites, add chopped fruit and nuts. Spread between layers and on top when stiff.

EXCELLENT CAKE

(Mrs. Frank Stanfield)

1 c. butter	1 tsp. soda
1 $\frac{1}{2}$ c. white sugar	2 tsp. cream of tartar
5 eggs	3 $\frac{1}{2}$ c. flour (unsifted)
1 c. milk	

Cream butter, add sugar gradually, then eggs well beaten, then milk alternately with flour.

DELICIOUS CAKE

(Mrs. J. L. Crowe, per D.C.)

1 c. butter	3 eggs
2 c. sugar	2 tsp. baking powder
$\frac{1}{2}$ c. boiling water	Vanilla
$\frac{1}{2}$ c. milk	Salt
3 c. flour	

Cream butter and sugar well, add mixed boiling water and milk, 1 c. flour sifted and 1 egg, beat well, another cup of flour and 1 egg, beat well, and last cup of flour with 2 tsp. baking powder and 1 egg, vanilla and salt.

FAIRY CAKE

(Mrs. W. J. Bird)

Part 1

$\frac{1}{4}$ c. butter	1 c. flour
$\frac{1}{2}$ c. sugar	2 tsp. baking powder
$\frac{1}{4}$ c. milk	1 tsp. vanilla
4 eggs yolks beaten	1/8 tsp. salt

Part 2

4 egg whites	1/8 tsp. cream tartar
1 tsp. vanilla	1 c. sugar, granulated
1/8 tsp. salt	$\frac{1}{2}$ c. chopped walnut meats

Make part one as ordinary cake. Spread in buttered pan and mix part two in order given and spread it over number one mixture. Bake in slow oven.

CREAM CAKE

(Mrs. F. M. Blois)

2 eggs	1 $\frac{1}{2}$ c. Swansdown cake flour
1 c. sugar	1 $\frac{1}{2}$ tsp. baking powder
1 c. whipped cream	Salt. Almond flavoring

Beat eggs well, add sugar gradually. Fold in flour and whipped cream alternately. Bake in moderate oven 45 minutes.

SEVEN MINUTE CAKE

(Mrs. Helen Embree)

Mix together	$\frac{1}{2}$ c. pastry flour
1 c. Swansdown flour	1 c. white sugar
2 tsp. of baking powder	

Put whites of 2 eggs in a cup. Fill half full with soft butter and fill with milk. Add flavoring, stir into above dry ingredients and beat seven minutes. Bake in round cake tin preferably with hole in middle. Good birthday cake.

HOT MILK CAKE

(Mrs. G. T. Purdy)

4 egg whites 4 egg yolks

Beat each thoroughly, add 1 c. sugar to each. Combine

Add 2 c. flour sifted with 2 tsp. baking powder. Beat. Add 1 c. milk which has boiled with $\frac{3}{4}$ square butter. Beat again. Add vanilla and salt. Bake in moderate oven. Do not grease sides of pan.

HOT MILK CAKE

(Mrs. A. B. Banks)

2 eggs	1 tsp. lemon
1 c. sugar	1/8 tsp. salt
1 c. pastry flour	$\frac{1}{2}$ c. hot milk
1 tsp. baking powder	1 tsp. butter

Beat eggs well, gradually beat in sugar. Add flour and baking powder sifted three times. Add flavoring. Add boiling milk with butter melted in milk. Bake in oven 400°.

SPONGE CAKE

(*Miss H. R. McMullen*)

4-6 eggs	2 tbsp. lemon juice
$\frac{1}{4}$ tsp. salt	2 tsp. lemon rind
1 c. sugar (fine granulated)	1 c. pastry flour (sifted)

Separate eggs, beat whites until stiff but not dry, sift in one half of sugar slowly, beating constantly. Beat egg yolks until thick and lemon colored, add remaining half of sugar, beating constantly. Combine mixtures by folding. Sift in flour and salt, folding rather than beating. Bake at 300 F. about 1 hour. Invert pan and let hang until cake falls from sides.

A sponge cake pan is better kept ungreased, simply floured for use.

SPONGE CAKE (using electric beater)

(*Miss Reta Donkin*)

2 egg yolks	1 $\frac{1}{2}$ tsp. baking powder
$\frac{3}{4}$ c. water	$\frac{1}{4}$ tsp. salt
1 $\frac{1}{4}$ c. sugar	2 egg whites
1 $\frac{1}{2}$ c. flour (Swansdown)	

Beat yolks with water until there is about a quart of liquid. Add the sugar and beat 4 minutes (with electric beater). Sift other ingredients and add lastly, stiffly beaten egg whites. Bake in a tube pan for 1 $\frac{1}{2}$ hours. Invert when done. *Show oven* *sls*

CHOCOLATE CAKE

(*Mrs. G. R. Smith*)

Beat together

3 egg yolks	$\frac{3}{4}$ print butter (or 6 tbsp.)
$\frac{3}{4}$ c. warm milk	melted
1 $\frac{1}{2}$ c. sugar	3 squares melted chocolate.

Add

1 $\frac{1}{2}$ c. flour sifted with 1 $\frac{1}{2}$ tsp. baking powder and $\frac{3}{4}$ tsp. salt. Then fold in 3 egg whites stiffly beaten.

QUICK CHOCOLATE CAKE

(*Mrs. Walter Snook*)

2 squares chocolate melted with	1 c. pastry flour
3 tbsp. butter	2 tsp. baking powder
1 c. sugar	Vanilla
2 eggs	$\frac{1}{2}$ c. milk

Mix together in order given. Beat steadily for three minutes. Bake 25 to 30 minutes.

CHOCOLATE MARBLE CAKE

(Mrs. C. D. Armstrong)

Melt 1 square chocolate, and add 1 tbsp. sugar, 2 tbsp. hot water, $\frac{1}{4}$ tsp. soda. Cook until thick, and set aside to cool.

1 c. sugar	<i>6 tbsp butter</i>	1 tsp. vanilla
$\frac{1}{4}$ tsp. salt	<i>3 eggs separated</i>	$2\frac{1}{2}$ tsp. baking powder
$\frac{2}{3}$ c. milk		2 c. flour

Cream butter, add sugar and salt and cream thoroughly. Add dry ingredients and vanilla, and lastly egg whites. Save one-third of mixture to which add the chocolate mixture. Drop by spoonfuls in pan, alternately with chocolate and white. Bake at 350 about 35 or 40 minutes.

FEATHER SPICE CAKE

(Mrs. C. K. Munro)

$2\frac{1}{2}$ c. flour	$\frac{1}{2}$ c. butter
$2\frac{1}{2}$ tsp. baking powder	1 c. sugar
$\frac{1}{4}$ tsp. salt	$\frac{1}{2}$ c. molasses
1 tsp. cinnamon	2 eggs
$\frac{1}{2}$ tsp. mace	$\frac{3}{4}$ c. milk
$\frac{1}{4}$ tsp. cloves	

Sift dry ingredients. Cream butter, sugar, eggs, add molasses. Add dry ingredients alternately with milk. Bake in two 9 inch layer tins. Fill and frost with mocha icing.

BANANA CAKE

(Mrs. C. K. Munro)

$\frac{1}{2}$ c. butter	$1\frac{3}{4}$ c. pastry flour
$\frac{1}{2}$ c. sugar	1 tsp. baking powder
2 eggs	4 tbsp. cream
1 c. chopped walnuts or pecans	1 tsp. soda
1 c. mashed bananas	

Cream butter, sugar, eggs. Dissolve soda in cream and add to first mixture. Stir in remaining ingredients. Bake in greased loaf pan in moderate oven 350° for 45 minutes. Serve plain or iced. Flavor better in couple of days.

SELF ICED CAKE

(Mrs. F. S. Layton)

$\frac{1}{4}$ c. butter	1 tsp. baking powder
$\frac{1}{2}$ c. sugar	$\frac{1}{2}$ tsp. vanilla
1 c. flour	$\frac{1}{2}$ tsp. salt
$\frac{1}{4}$ c. milk	3 egg yolks

Cream butter and sugar, add well beaten egg yolks. Mix and sift dry ingredients, add alternately with milk. Add vanilla. Pour into pan and put the following meringue on the raw batter:

3 egg whites	$\frac{1}{2}$ c. white sugar
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Beat egg whites until stiff, add sugar gradually. Spread on cake, sprinkle with nuts or cocoanut. Bake in moderate oven 30-35 minutes.

PINEAPPLE COCOANUT CAKE

(Mrs. C. D. Armstrong)

$\frac{1}{2}$ c. shortening	$2\frac{1}{2}$ tsps. baking powder
1 c. sugar	$\frac{1}{2}$ tsp. salt
2 eggs	$\frac{3}{4}$ c. milk
2 c. cake flour	$\frac{1}{2}$ tsp. lemon flavoring

Blend shortening, sugar, salt, flavoring and eggs. Add alternately sifted dry ingredients and milk. Pour into two greased layer pans. Bake about 12 to 15 minutes in moderate oven (about 350°).

PINEAPPLE FILLING:

Mix 2 tbsp. cornstarch with $\frac{1}{2}$ c. sugar; add two cups crushed pineapple (juice and fruit) and 1 tbsp. lemon juice. Cook slowly till thick and clear. Save $\frac{1}{2}$ c. of filling to decorate top of cake. Cover top and sides with:

DOUBLE-BOILER ICING:

Put $1\frac{1}{2}$ c. sugar, $\frac{1}{4}$ c. water and 2 egg whites to cook over boiling water. Beat until icing holds a peak (about 7 minutes). Remove from heat. Beat till thick enough to spread. Sprinkle sides and top with shredded cocoanut. Decorate top of cake with $\frac{1}{2}$ c. of pineapple filling.

CALIFORNIA COCOANUT ICING CAKE

(Miss Dorothy Murray)

$\frac{1}{2}$ lb. dates	1 egg
1 c. hot water	$1\frac{2}{3}$ c. flour
1 tsp. soda	$\frac{1}{2}$ c. nuts
1 c. sugar	Salt and vanilla
4 tbsp. shortening	

Sprinkle soda over chopped dates. Pour hot water over this. Cream shortening and sugar, add beaten egg. Add flour and salt alternately with date mixture. Add vanilla and nuts. Bake in 350° oven for 40 minutes.

ICING:

6 tbsp. melted butter	10 tbsp. brown sugar
4 tbsp. cream	1 c. cocoanut

Melt butter, add brown sugar and cream, cocoanut and vanilla. Spread over fresh cake and brown under broiler.

IMPERIAL CAKE

(Miss M. Christie)

$1\frac{1}{2}$ prints butter	$\frac{1}{2}$ bottle cherries
1 c. sugar	3 eggs
$\frac{1}{4}$ lb. citron	2 c. flour
1 lb. raisins	$\frac{1}{2}$ c. warm milk
$\frac{1}{4}$ lb. almonds	1 level tsp. baking powder
1 slice pineapple	

Bake 2 or $2\frac{1}{2}$ hours in slow oven.

CHERRY CAKE

(*Mrs. C. D. Armstrong*)

$\frac{1}{2}$ c. butter	$\frac{1}{4}$ c. cherry juice
$1\frac{1}{4}$ c. sugar	2 c. and 6 tbsp. flour
4 egg whites	3 tsp. baking powder
$\frac{1}{2}$ c. milk	$\frac{1}{4}$ tsp. salt
16 Maraschino cherries	

Mix in order given, and bake in 8 inch pan for 50 minutes.

SULTANA CAKE

(*Miss Reta Donkin*)

1½ c. butter	6 eggs
1½ c. sugar	1 tsp. baking powder
½ c. thin cream	3½ c. flour (pastry, not sifted).
4 c. sultana raisins	Flavoring
½ c. citron peel	

Cream butter, add sugar, eggs (two at a time, beating five minutes between each two), cream, flour, baking powder and fruit. Bake 2 hours.

(It is better to cover raisins with cold water and bring to a boil. Then let dry over night and flour them in morning before adding to cake).

YUM YUM CAKE (Eggless and Milkless)

(*Mrs. Miles, per D.C.*)

Boil 1 lb. seeded raisins in 2 c. water for 15 minutes. Add $\frac{1}{2}$ c. lard or butter and when melted add 1 c. cold water and 2 c. sugar, 2 tsp. grated nutmeg, 1 tsp. allspice, $\frac{1}{2}$ tsp. cloves, 1 tsp. lemon, 1 tsp. vanilla, 1 tsp. salt, 1 tbsp. soda dissolved in a little hot water, $4\frac{1}{2}$ c. flour.

This makes a large cake.

CANADA WAR CAKE

(*Mrs. H. B. Goodspeed*)

2 c. sugar	1 tsp. salt
2 c. water	1 tsp. cinnamon
2 tbsp. shortening	1 lb. seeded raisins

Boil the above ingredients together for 5 minutes. When cool add:
3 c. flour 1 heaping tsp. soda

Bake in slow oven. Better to stand a few days before using.

COFFEE WALNUT CAKE

(Miss Marion Carter)

1 square butter	2 level tsp. baking powder
1 c. white sugar	Salt
2 eggs	Chopped walnuts to taste
1½ c. flour	½ c. strong coffee (hot)

Mix in order given.

NUT CAKE*(Mrs. Harry Hills)*

$\frac{1}{2}$ c. butter	1 c. chopped nuts
1 $\frac{1}{2}$ c. white sugar	4 egg whites
2 c. flour	$\frac{1}{2}$ c. milk
3 tsp. baking powder	$\frac{1}{2}$ tsp. vanilla, $\frac{1}{2}$ tsp. lemon
$\frac{1}{4}$ tsp. salt	

Use conventional cake method, add nuts and whites of eggs last. Bake in moderate oven.

PRUNE CAKE*(Mrs. W. J. Bird)*

1 $\frac{1}{4}$ c. stewed prunes	1 tsp. nutmeg
1 $\frac{1}{4}$ c. brown sugar	1 tsp. cloves
$\frac{1}{3}$ c. butter	1 tsp. baking powder
1 $\frac{1}{2}$ c. flour	1 tsp. lemon extract
1 tsp. soda	2 egg yolks
1 tsp. cinnamon	1 whole egg
	5 tsp. sour cream or milk

Cream butter and add sugar, then beaten eggs. Add dry ingredients sifted alternately with milk and add prune pulp last. Bake in moderate oven 45 minutes.

SPICE CAKE*(Mrs. A. B. Banks)*

1 c. raisins	1 tsp. soda
1 c. walnuts cut finely	2 c. boiling water
Let above mixture stand until cool. Add	
$\frac{1}{2}$ c. butter, 1 c. white sugar	Salt
creamed together	1 tsp. each vanilla, lemon,
1 egg	cinnamon and cloves.
1 $\frac{1}{2}$ c. flour	

Bake in moderate oven.

DATE AND NUT CAKE*(Mrs. George W. Reid)*

1 lb. dates (after stoning)	1 c. white sugar
$\frac{1}{2}$ lb. walnuts (broken in two)	4 eggs
1 scant c. flour	Vanilla
2 tsp. baking powder	

Mix all dry ingredients, add beaten yolks, fold in beaten whites. Cook about an hour in a papered pan. Better if kept a day before serving.

ALMOND CAKE

(Mrs. Jas. Archibald)

1 c. ground unblanched almond nuts	$\frac{1}{2}$ c. fine granulated sugar
	$\frac{1}{4}$ tsp. salt
3 eggs	$\frac{3}{4}$ tsp. almond essence

Put through food chopper enough unblanched almonds to make 1 c. Separate whites of eggs from yolks and beat whites until stiff but not dry. Beat yolks until thick and gradually beat in granulated sugar, beating after each addition. Add almonds, salt and essence. Fold in egg whites. Line pan 8x8 with well greased paper and bake in 300° oven for 50 minutes. Frost with butter frosting and sprinkle with chopped, blanched and toasted almonds.

APPLE SAUCE CAKE

(Mrs. George Reid)

1 c. sugar	$\frac{1}{2}$ tsp. cloves
$\frac{1}{2}$ c. butter	1 c. unsweetened apple sauce
1 egg	1 tsp. soda in apple sauce
Salt	2 c. sifted flour
1 tsp. cinnamon	1 c. seeded raisins

Cream butter, add sugar, egg. Alternate flour with apple sauce. Slow oven.

DATE AND ORANGE CAKE

(Mrs. Frank Lewis)

$\frac{1}{2}$ c. butter	1 tsp. soda
1 c. sugar	$\frac{1}{2}$ c. milk
3 eggs (save whites of two for frosting)	1 orange
2 c. flour	2 c. dates

Cream butter and sugar. Drop in eggs unbeaten. Beat this well. Add flour and milk alternately. Put orange and dates through fine meat chopper, using all of the orange except hard end and seeds. Add these last of all. Bake in moderate oven.

QUICK CAKE

(Mrs. Elwyn Carter)

$\frac{1}{2}$ c. soft butter	3 tsp. baking powder
1 $\frac{1}{2}$ c. brown sugar	$\frac{1}{2}$ tsp. cinnamon
2 eggs	$\frac{1}{4}$ tsp. nutmeg
$\frac{1}{2}$ c. milk	$\frac{1}{4}$ tsp. cloves
1 $\frac{3}{4}$ c. flour	$\frac{1}{2}$ lb. pitted dates

Put all the ingredients in a bowl at once (including dates) and beat together for 3 minutes. Bake slowly.

GINGER BREAD

(*Mrs. N. F. Nutter*)

1 c. sugar	1 tsp. cinnamon
$\frac{1}{2}$ c. butter and lard	1 tsp. ginger
1 egg	$\frac{1}{2}$ tsp. cloves
1 c. molasses	$\frac{1}{2}$ tsp. salt
$\frac{1}{2}$ tsp. soda	1 c. hot water
$\frac{1}{2}$ c. flour	

Mix in order named

Icings and Fillings

DIVINITY ICING

(*Mrs. John Millard*)

2½ c. sugar	¼ tsp. salt
1 c. corn syrup	2 egg whites
½ c. cold water	1 tsp. vanilla
½ c. nuts	

Combine sugar, syrup, water and salt in a pan and cook to 242°F. or until syrup spins a thread. Meanwhile beat whites until stiff. Pour hot syrup over whites slowly, beating constantly. Add vanilla. Continue beating until cool and stiff. Add nuts.

MOCHA ICING

(*Mrs. C. K. Munro*)

1/3 c. butter	1/3 c. strong coffee
3 c. pulverized sugar	1 tsp. vanilla
3 1/2 tbsp. cocoa	3/4 c. chopped walnuts
1/4 tsp. salt	

CHOCOLATE FROSTING

(*Miss M. Christie*)

QUICKLY MADE CREAM FROSTING

(*Mrs. W. J. Bird*)

$\frac{1}{2}$ pt. cream 1 c. granulated sugar
3 tbsp. cocoa

Let above ingredients stand mixed in ice box for two hours. Then whip until thick and spread on cool cake.

LEMON CHEESE

(Mrs. Dora Wellard)

1 lb. granulated sugar

2 lemons

5 eggs

 $\frac{1}{2}$ to $\frac{3}{4}$ print of butter

Grate rind of lemons, squeeze them and strain juice and pour it over sugar and lemon rind in double boiler. Simmer 10 minutes, then add beaten eggs and butter. Stir till it thickens. Cover and cook for about $\frac{3}{4}$ hour, stirring occasionally. Place in sterilized glasses and use as required. This makes a nice filling for tart shells or small cakes. (It will be a better color if cooked in an enamelled, rather than an aluminum, double saucepan.)

QUICK FILLING

(Mrs. C. A. Annand)

1 can crushed pineapple (1 cup)

1 c. pulverized sugar

juice of half a lemon

Blend together and spread between layers of Washington Pie.

Candy

“They rob the Hybla bees
And leave them honeyless”.—Shakespeare

BUTTERNUT FUDGE

(Mrs. John Millard)

3 C. white sugar

1 C. milk

Dissolve over very slow heat. Add pinch of cream of tartar. Boil slowly until it forms a soft ball. Pour into platter. Add nuts, piece of butter and vanilla. Cut before cold.

CARAMEL FUDGE

(Mrs. A. D. Hopper)

2 C. white sugar

 $\frac{2}{3}$ C. white sugar (caramelized) $\frac{1}{2}$ C. chopped walnuts

Salt

1 C. cream

Combine sugar and cream in pan. Heat slowly. Stir until dissolved. When boiling, add caramelized sugar. Cook to soft ball. Cool. Add nuts, salt, and beat.

COCOANUT FUDGE

(Mrs. A. D. Hopper)

3 C. white sugar

1 C. shredded cocoanut

1 $\frac{1}{2}$ C. thin cream

1 tsp. vanilla

2 tbsp. butter

Salt

Melt butter in sauce-pan. Add sugar and milk and stir until sugar is dissolved. When boiling point is reached, cover sauce-pan and boil 5 min. Remove cover. Boil until soft ball is formed when tried in cold water. Cool, add salt, vanilla and cocoanut and beat until creamy.

FRESH COCOANUT FUDGE*(Miss Mary Whidden)*

3 C. sugar

Small piece of butter

1 C. milk—part cocoanut milk

Cook until a hard ball is formed. Add grated fresh cocoanut. Put one half in fudge pan. Add pink color to remainder and pour over first half. Cool and cut in squares.

PEANUT BUTTER FUDGE*(Mrs. E. B. McDaniel)*

½ lb. peanut butter

1 C. milk

3 C. sugar

1 tsp. butter

Cook until it forms a soft ball in water.

CHOCOLATE FUDGE*(Mrs. Walter Snook)*

1 C. white sugar

⅓ C. milk

1 C. brown sugar

2 squares chocolate

1 tbsp. butter

1 tsp. vanilla

Melt butter. Add sugar and milk. Bring to boil. Add chocolate. Cook until it forms soft ball in cold water. Add vanilla. Remove from stove. Let stand until cool. Beat until creamy. Pour in greased pan. Cut in squares when cool.

GINGER CREAM FUDGE*(Mrs. Hugh R. Peel)*

1 C. brown sugar

2 tbsp. corn syrup

2 tbsp. butter

1 tsp. vanilla

⅔ C. milk

2 tbsp. chopped preserved

2 C. white sugar

ginger

Boil sugar, milk and corn syrup to 238° (soft ball). Remove from heat. Add butter and 2 tbsp. ginger. Do not stir. When lukewarm, add vanilla and beat.

CHERRY ALMOND FUDGE*(Mrs. Frank Wellard)*

5 C. sugar

⅔ tsp. salt

⅔ C. heavy cream

1 tsp. almond extract

1 C. milk

½ C. halved candied cherries

4 tbsp. light corn syrup

Place sugar, cream, milk, corn syrup and salt in saucepan. Cook slowly, stirring constantly, until mixture boils. Continue cooking, stirring occasionally to 234 F. (or when a small quantity dropped into cold water forms soft ball). Remove from heat. Cool to lukewarm (110°F.). Add almond extract. Beat until mixture thickens and loses its gloss. Just before pouring, add ½ C. halved candied cherries. While fudge is still warm, top with additional halved candied cherries. Cool. Cut in diamonds.

PEPPERMINT DROPS*(Mrs. H. C. Morse Taunton, Mass., per M. H.)*

1 tumbler granulated sugar	4 tsp. water
Put into small saucepan. When it bubbles all over bottom of pan, take from the stove and add—	
4 rounded tsp. confectioner's sugar	$\frac{1}{4}$ tsp. peppermint extract
Beat until creamy. Then drop fast as possible on oiled paper.	

DELICIOUS CANDY*(Miss Winnie Smith)*

1 C. sugar caramelized	3 C. sugar
1 C. cream	1/8 tsp cream tartar

Boil until a soft ball. Let cool, then work with knife. Add nuts. Mould in tin box. Cover with melted chocolate. Slice in pieces.

POTATO CANDY*(Mrs. Jas. Archibald)*

1 medium size potato riced	1 C. shredded cocoanut
2 tbsp. melted butter	

Add confectioner's sugar until it will hold its shape. Dip in sweetened chocolate. Roll in cocoanut.

KISSES*(Mrs. A. D. Hopper)*

$\frac{1}{2}$ C. molasses	1 C. dates, figs, raisins
$\frac{3}{4}$ C. sugar	Pinch soda
$\frac{3}{4}$ C. butter	Salt
1 C. chopped brazil nuts	

Melt butter, add sugar and molasses. Salt. Cook until brittle. Add soda, nuts and fruit. Pour into buttered pan. When cool, cut in squares. Wrap in wax paper squares to keep.

FUDGE FONDANT*(Mrs. G. R. Smith)*

4 squares chocolate	$\frac{2}{3}$ C. Fondant
2 C. sugar	3 tbsp. butter
2 tbsp. corn syrup	2 tsp. vanilla
$\frac{3}{4}$ C. milk	$\frac{1}{4}$ tsp. salt

Cut chocolate fine, put into saucepan. Add sugar, corn syrup and milk. Mix well. Cook slowly, stirring until sugar is dissolved. Continue to cook until it forms a soft ball, or 238°. Stir occasionally while cooking. When done remove from fire, add butter, set aside until luke warm. Add vanilla and fondant, beat until no longer glossy, and of the right consistency to mold. Press into a pan, cut in squares; or use as rolls, balls or sandwich cubes. For a filling of the sandwich cubes, use more of the fondant flavored with peppermint.

CARAMELS*(Mrs. H. A. Dickson)*

$\frac{1}{2}$ lb. butter	1 can sweetened condensed milk
1 C. corn syrup	3 C. brown sugar

Boil until it will form a very crisp ball in cold water. Cut in squares before too cold.

CARAMELS*(Mrs. Carson Ryan per D.C.)*

1 C. brown sugar	$\frac{1}{2}$ C. butter
1 C. granulated sugar	$\frac{2}{3}$ C. milk
1 C. corn syrup	2 tsp. vanilla
1- $\frac{1}{3}$ C. condensed milk (1 can)	1 C. nuts

Mix well, stir all the time while cooking. Cook until 246° or in hard ball. Pour in greased pan. Cut before getting hard.

DIVINITY CANDY*(Mrs. MacG. Layton)*

$2\frac{1}{2}$ C. white sugar	Whites of 2 eggs
$\frac{1}{2}$ C. corn syrup	Vanilla
$\frac{1}{2}$ C. water	

Boil sugar, corn syrup and water until it forms a soft ball. Pour $\frac{1}{4}$ cup over egg whites and let the rest boil until it hardens in cold water. Pour over mixture and beat until creamy. Add chopped walnuts and drop from spoon on waxed paper.

MOLASSES CANDY*(Miss Reta Donkin)*

$\frac{1}{2}$ C. molasses	$\frac{1}{2}$ tsp. cream of tartar
$1\frac{1}{2}$ C. sugar	4 tbsp. melted butter
$\frac{1}{2}$ C. water	1/8 tsp. soda
1 $\frac{1}{2}$ tbsp. vinegar	

Stir molasses, sugar, water, vinegar together until it starts to boil. Then add cream of tartar. Test until it clinks against the side of a cup of cold water. Then add butter and soda. Cool, then pull. Add vanilla or peppermint when you start to pull it.

HIGHLAND TOFFEE*(Miss M. A. Beresford)*

$1\frac{1}{2}$ lbs. sugar	$\frac{1}{2}$ C. red currant jelly
$\frac{1}{2}$ lb. butter	2 tsp. cocoa
$\frac{1}{2}$ C. cream	Vanilla to taste

Melt butter, add sugar; etc. boil twenty-five minutes or till a drop crisps in cold water.

ENGLISH TOFFEE

(Miss Cora Archibald)

$\frac{1}{2}$ c. white sugar	$\frac{1}{3}$ c. medium cream
$\frac{1}{3}$ c. light brown sugar	pinch salt
3 tbsp. corn syrup	1 tbsp. butter

Cook to 244° in winter and 248° in summer. Add butter at 240°. When cooked remove from range and add $\frac{1}{2}$ tsp. vanilla. Then stir without beating to mix thoroughly. Then spread on oiled marble slab or large platter. When medium cool, cut in small squares.

This recipe might be flavored with chocolate or squares dipped in melted chocolate.

FRENCH NOUGAT

(Miss Cora Archibald)

$\frac{3}{4}$ c. sugar	$\frac{1}{2}$ c. water
$\frac{1}{2}$ c. corn syrup	

Cook to 282° winter, 300° summer. When cooked pour this syrup on the beaten white of one egg, into which has been whipped 2 tbsp. honey. Then add $\frac{1}{2}$ cup chopped pistachio nuts and almonds mixed.

Spread on oiled slab or large platter. Cut in oblong pieces and wrap in waxed papers.

Christmas Recipies

“Let Christmas boast her customary treat,
A mixture strange of suet, currants, meat,
Where various tastes combine, the greasy and the sweet.”

PLUM PUDDING

(Mrs. Frank Archibald)

$1\frac{1}{2}$ lbs. bread crumbs (1 loaf of brown bread)	$1\frac{1}{2}$ lb. suet
3 c. milk	$1\frac{1}{2}$ tsp. grated nutmeg
$1\frac{1}{2}$ c. molasses	2 tsp. cinnamon
12 eggs or 10 (if preferred)	$\frac{1}{2}$ tsp. cloves
1 lb. currants	$\frac{1}{2}$ tsp. mace
$1\frac{1}{2}$ lb. raisins	$\frac{1}{2}$ tsp. all spice
$1\frac{1}{2}$ lb. dates	$\frac{1}{4}$ tsp. salt
$\frac{1}{2}$ lb. citron (cut small)	3 tsp. baking powder
	small pinch of soda

Soak bread in milk. Add chopped suet, fruit, eggs, and molasses. Put baking powder in about 2 tbsp. flour, also spices. Mix all well together. Steam 4 hours.

A GOOD CHEAP CHRISTMAS CAKE*(Mrs. G. T. Purdy)*

1 c. Brown sugar	1 lb. raisins (ordinary)
1 c. Molasses	1 lb. figs
1 c. Butter	$\frac{1}{4}$ lb. each, citron, orange, lemon peel
4 Eggs	1 cup chopped nuts
rounded tsp. soda	1 c. strawberry jam
1 lb. sultana raisins	1 c. cherries
1 lb. dates	3 c. flour
1 lb. currants	
1 tsp. each nutmeg, cinnamon and mace	
Flavor with vanilla, almond and lemon.	

Steam 3 hours. Bake 1 hour. Makes 2 large cakes.

MRS. CHEATEM'S PLUM CAKE*(Mrs. Frances Casson)*

1 lb. butter	1 c. preserves
1 lb. flour	(strawberries or cherries)
1 lb. brown sugar	13 lbs. fruit
1 doz. eggs	1 c. brandy spice

Mix in usual method of fruit cake and bake accordingly.

WHITE FRUIT CAKE*(Mrs. G. C. McElhiney)*

$\frac{1}{4}$ c. butter	1 lb. raisins (sultana)
1 c. sugar	1 lb. cocoanut
$\frac{1}{2}$ c. milk	$\frac{1}{4}$ lb. citron
1 c. Bread flour	$\frac{1}{2}$ lb. cherries
2 tsp. Baking powder	$\frac{1}{4}$ lb. almonds
3 eggs	vanilla, lemon and almond flavouring

Cream butter, add sugar, add beaten eggs and milk. Mix dry ingredients in separate bowl, stir well and add to batter. Cook in a slow oven.

IMPERIAL CAKE*(Mrs. Frances Casson)*

1 lb. granulated sugar	$\frac{3}{4}$ lb. citron
1 lb. butter	10 eggs
1 lb. sultana raisins	1 tsp. baking powder
1 lb. almonds (blanched)	1 tsp. vanilla
1 lb. flour	

Beat whites and yolks of eggs separately and add last. Bake two or three hours in a moderate oven.

DARK FRUIT CAKE

(Miss H. R. McMullen)

$\frac{1}{2}$ lb. Peel	$\frac{1}{4}$ lb. cherries
$\frac{3}{4}$ lbs. currants	1 c. strawberry jam
2 lbs. raisins	1 lb. flour
1 lb. brown sugar	1 tsp. soda
1 lb. dates	1 tsp. each cinnamon, mace
$\frac{1}{2}$ lb. figs	and cloves
1 lb. butter	flavouring to taste—about 1 tsp.
1 doz. eggs	of rose and almond good
$\frac{1}{2}$ lb. almonds	1 or 2 tbsp. milk

Prepare fruit and nuts, and flour with part of flour. Cream butter, add sugar, drop in eggs one at a time and beat. Add jam, flavouring, milk and remaining flour sifted with spice. Add fruit. Pack in well greased lined pans, filling about $\frac{2}{3}$ full. Cover with waxed or greased paper, and steam 3 hours. Remove paper, and dry out in a slow oven about 1 hour. Makes about 3 medium size cakes.

ALMOND PASTE

(Miss H. R. McMullen)

1 lb. almonds	2 whole eggs
1 lb. powdered sugar	

Blanch almonds and dry well in a moderate oven. Put through food chopper, adding enough powdered sugar to use up oil that comes out of nuts. Put through food chopper a second time. Add rest of sugar and beaten eggs and mix thoroughly. Dust bread board with powdered sugar and knead until smooth. Roll to desired thickness and cut to fit cake.

FONDANT

(Miss H. R. McMullen)

3 c. sugar	1/6 to $\frac{1}{4}$ tsp. cream of tartar
1 c. water	

Put sugar and water in heavy saucepan and stir over heat until sugar is dissolved. Stop stirring and wash down inside of pan with a small brush. When sugar begins to bubble add cream of tartar, but do not stir. Continue the boiling without stirring until it forms a soft ball in cold water or reaches 238° on the thermometer. Remove from heat at once and let stand until air bubbles have ceased, then pour on a large wet platter. Set in a cool place. When cool enough to hold platter on palm of the hand, cream with a wooden spoon. Turn sugar backward and forward until the whole mass becomes white and opaque. Knead until smooth and free from lumps. Keep in a covered jar, or covered with small wet towel until ripened.

FRUIT MINCE MEAT*(Mrs. L. B. Schurman)*

2 lbs. kidney suet	1½ c. strawberry preserve
2 lbs. raisins	2 tsp. cloves
2 lbs. currants	2 tsp. cinnamon
1 lb. citron	2 tsp. allspice
4 lbs. apples	2 tsp. nutmeg
½ lb. lemon peel	1 bottle candied cherries
1 c. molasses	1 qt. apple cider (good)

MOCK MINCE MEAT*(Mrs. Louis Connolly, per E. H.)*

1½ qts. sliced green tomatoes	2 tbsp. ground mixed spice
2 c. chopped apples	1 lb. raisins
3 c. brown sugar	¼ lb. citron
1 c. chopped orange	

Sprinkle tomatoes with salt and let stand over night, then drain and chop fine. Add apples and orange and simmer two hours, then add remaining ingredients and simmer one hour. Seal when boiling hot in sterile jars. This will keep indefinitely.

POUND CAKE*(Mrs. Jas. Archibald)*

1 c. butter	1 c. eggs (5)
1½ c. sugar	1½ c. flour

Cream butter, add flour and beat. Beat eggs until light. Add sugar and continue beating. Combine mixture. Bake 1 hour in Turks Head pan.

POUND CAKE*(Mrs. A. W. Mackenzie)*

2 prints butter	5 eggs
1⅔ c. sugar	2 c. flour

Flavor with mace, lemon or almond

Cream butter and sugar. Add eggs one at a time, beating vigorously between the addition of each. Fold in the flour. Add flavoring. Bake 1 hr. in a slow oven.

POUND CAKE*(Mrs. Miles per D. C.)*

Beat $\frac{1}{2}$ lb. butter and $1\frac{1}{2}$ c. flour with $\frac{3}{4}$ tsp. baking powder, adding flour to butter by degrees until consistency of cold cream. Separate 5 eggs and beat yolks, add $1\frac{1}{3}$ c. sugar. Beat well and add to first mixture. Beat whites stiff and fold in last with 2 tsp. lemon essence. Slow oven for first $\frac{1}{2}$ hr. and increase heat for other half.

MINCE MEAT

(*Mrs. L. B. Schurman*)

3 lbs. lean beef	4 pints cider
2 lbs. suet	2 tbsp. cinnamon
6 lbs. apples (more if desired)	1 tbsp. cloves
2 lbs. raisins	1 tbsp. allspice
2 lbs. currants	1 tbsp. mace
4 lbs. brown sugar	1 tbsp. nutmeg
$\frac{1}{4}$ lb. citron	1 orange (juice and rind)
$\frac{1}{4}$ lb. lemon peel	1 lemon (juice and rind)
$\frac{1}{4}$ lb. orange peel	salt to taste

Put meat through chopper after it is cooked. Use liquor in which it was cooked. Let boil down until it is fairly thick. Then add other ingredients and cook together.

Cookies and Small Cakes

“Her tea she sweetens, as she sips, with scandal.”—*A. Rogers*

PARKINS

(*Mrs. C. D. Armstrong*)

1 c. butter	2 c. rolled oats
1 c. molasses	3 c. flour
1 c. brown sugar	2 tsp. soda sifted with flour
2 eggs	

Cream butter and sugar, add molasses and eggs. Mix well. Add rolled oats and flour. Cook as drop cookies. These will flatten out in cooking.

PEANUT BUTTER COOKIES

(*Mrs. G. R. Smith*)

Cream together:

$\frac{1}{2}$ c. butter	$\frac{1}{2}$ c. white sugar
$\frac{1}{2}$ c. peanut butter	$\frac{1}{2}$ c. brown sugar

Add:

1 egg, then	1 tsp. soda and pinch of salt.
1 heaping c. flour sifted with	

Take in fingers and form balls. Press flat in pan with a fork dipped in cold water. Bake in moderate oven.

PEANUT BUTTER COOKIES

(*Mrs. C. G. McLennan*)

1 c. chopped dates	$\frac{1}{2}$ c. peanut butter
$\frac{3}{4}$ c. powdered sugar	1 egg white unbeaten

Mix all together and drop in small spoonfuls on buttered sheet. Use quite a hot oven.

DROP CAKES*(Mrs. E. D. Vernon)*

$\frac{3}{4}$ c. shortening	1 tsp. salt
1 c. brown sugar	1 tsp. baking powder
1 egg	1 c. chopped dates or raisins
1 $\frac{1}{2}$ c. flour	1 c. chopped walnuts

Put everything together in bowl. Mix with hands. Drop in spoonfuls on baking sheet. Bake in moderate oven 20 minutes. Batter should be very stiff.

FRUIT COOKIES*(Mrs. C. D. Armstrong)*

$\frac{1}{2}$ c. shortening	1 c. chopped raisins
1 c. sugar	2 c. flour
1 tbsp. grated orange rind	2 tsp. baking powder
2 tbsp. orange juice	$\frac{1}{4}$ tsp. salt
2 eggs well beaten	

Cream sugar and shortening. Add orange juice and rind, raisins and flour to which baking powder and salt have been added. Bake as drop cookies in moderate oven.

NORWEGIAN DROP COOKIES*(Mrs. George Wilson)*

$\frac{1}{2}$ c. shortening	$\frac{1}{2}$ tsp. cloves
$\frac{1}{2}$ c. brown sugar	$\frac{1}{3}$ tsp. nutmeg
1 egg	$\frac{1}{3}$ tsp. soda
$\frac{2}{3}$ c. flour	$\frac{1}{3}$ c. raisins or dates
$\frac{1}{2}$ tsp. cinnamon	$\frac{1}{2}$ c. chopped walnuts

Cream butter, sugar and egg till fluffy. Sift flour, spices and soda together; add to first mixture, then add raisins and walnuts. Drop by half teaspoons on a greased baking sheet. Allow space as they triple in size. Bake twelve minutes in a moderate oven.

CHEWY COOKIES*(Mrs. C. D. Armstrong)*

1 $\frac{1}{2}$ c. brown sugar	$\frac{1}{2}$ c. walnuts chopped
Whites two eggs	2 c. cornflakes
$\frac{1}{2}$ c. cocoanut	

To stiffly beat egg whites add brown sugar and other ingredients. Mix well. Drop by spoonfuls and bake in moderate oven until golden brown.

ORANGE SCOTCH CAKES*(Mrs. Dexter McCurdy)*

2 prints butter	$\frac{2}{3}$ c. rolled oats
$\frac{3}{4}$ c. brown sugar	$\frac{2}{3}$ c. cocoanut
1 $\frac{1}{3}$ c. bread flour	Grated orange rind

Roll in ball and flatten. Bake in oven 275° for 20 minutes.

MADELAINS

(Mrs. Elwyn Carter)

$\frac{3}{4}$ c. butter	$1\frac{1}{2}$ c. flour
1 c. sugar	$\frac{1}{2}$ tsp. nutmeg
$\frac{1}{2}$ tsp. baking powder	$\frac{1}{2}$ c. currants and chopped
$\frac{1}{2}$ c. milk	citron (or almonds)
3 eggs	

Break eggs into creamed butter and sugar one at a time, beating a few minutes between each. Add currants and citron. Add sifted flour and dry ingredients alternately with milk. Moderate oven. Bake in patty pans.

DROP COOKIES

(Mrs. G. R. Smith)

1 c. butter	2 tsp. cream tartar
2 c. white sugar	1 tsp. soda
3 eggs	3 c. (about) flour (bread)
1 pound white raisins	2 tsp. almond extract
1 c. chopped walnuts	1 tsp. vanilla or lemon extract
7 oz. bottle cherries	

Bake in oven 375°-400°.

BACHELOR BUTTONS

(Mrs. F. M. Blois)

$\frac{3}{4}$ c. butter creamed	1 tsp. soda
1 c. brown sugar	$\frac{1}{2}$ c. cocoanut
1 egg unbeaten	$\frac{1}{2}$ c. almonds
$\frac{1}{2}$ tsp. vanilla	$\frac{1}{2}$ c. candied cherries
2 c. pastry flour	

Mix in order given. Roll in balls and flatten out.

BRAZIL NUT DAINTRIES

(Mrs. F. S. Layton)

$\frac{1}{2}$ c. shortening	1/8 tsp. salt
$\frac{1}{3}$ c. granulated sugar	1 c. sifted flour
2 egg yolks	3 tbsp. canned pineapple juice
6 tbsp. ground brazil nut meats	$\frac{1}{2}$ c. thinly sliced brazil nut
$\frac{1}{2}$ tsp. grated lemon rind	meats.

Cream the shortening; add the sugar and egg yolks, and cream thoroughly. Add the ground nutmeats, lemon rind, salt and flour alternately with the pineapple juice. Drop by teaspoonfuls on a greased cookie sheet and sprinkle with the sliced brazil nut meats. Bake in a moderately hot oven of 400° F. 10 to 12 minutes.

SANDIES*(Miss Winnie Smith)*

6 tbsp. shortening	$\frac{1}{2}$ c. chopped walnuts
2 $\frac{1}{2}$ tbsp. icing sugar	$\frac{1}{2}$ tsp. vanilla
1 c. sifted pastry flour	$\frac{1}{4}$ c. powdered sugar
$\frac{1}{2}$ tsp. ice water	

Cream butter and sugar well; add flour, ice water, nuts and vanilla. Mix well. Chill. Shape into rolls 1 inch long and $\frac{1}{2}$ in wide. Bake in slow oven 300° until lightly browned. Shake in powdered sugar.

VIENNESE ALMOND CRESCENTS*(Mrs. George Wilson)*

$\frac{1}{2}$ c. finely chopped blanched almonds	5 tbsp. powdered sugar
1 $\frac{1}{4}$ c. flour	$\frac{1}{2}$ c. shortening 1 tsp. vanilla

Blend almonds, flour and sugar. Cut into this the shortening, add the vanilla and knead into a smooth dough. Roll in strips $\frac{1}{8}$ inch in diameter, cut in pieces and shape crescents. Bake in a moderate oven till very light brown. Roll in powdered sugar.

CHERRY NUT BALLS*(Mrs. H. W. Murdock)*

$\frac{1}{2}$ pound butter	1 tsp. baking powder
$\frac{1}{2}$ c. sugar	Pinch of salt
2 eggs	Flavoring and finely chopped nuts
2 $\frac{1}{4}$ c. flour	

Cream butter and sugar, add egg yolks and beat well. Sift flour and Baking powder. Mould into small balls, dip into unbeaten egg whites, then into nuts, garnish each with half a cherry and bake 15 or 20 minutes.

FROSTED FRUIT BARS*(Miss Cora Archibald)*

Dark Fruit Cake	White frosting:
Candied fruits and peel	1 $\frac{1}{4}$ c. confectioner's sugar
	$\frac{1}{2}$ tsp. vanilla
	Hot milk to moisten

With a sharp knife cut fruit cake into slices three-fourths inch thick. Spread the top of each slice with icing and sprinkle with the diced fruits and peel.

MARSHMALLOW CAKES*(Mrs. F. C. Archibald)*

2 pkgs. Marshmallows (40 marshmallows) cut in very small pieces	
$\frac{1}{2}$ pt. cream	$\frac{1}{3}$ c. pecans or any kind of nuts
$\frac{1}{2}$ c. dates	as preferred
$\frac{1}{2}$ c. cherries	Little ginger or pineapple improves the flavor.

Stir this all well together and let stand several hours in refrigerator. Then roll in crushed graham wafers.

FRUIT ROLLS

(Mrs. George Wilson)

$\frac{1}{2}$ lb. dessicated cocoanut	1 large egg white beaten
$\frac{1}{4}$ lb. blanched almonds	Pinch of salt
Small bottle cherries (drained)	

Put cocoanut, almonds, and cherries through the chopper, add to beaten egg white, roll into small balls in powdered sugar, shape. These should be made two or three days before using. Cherry juice may be added for more color if desired. They are not baked.

MARSITANS

(Mrs. Frank Lewis)

$\frac{1}{2}$ lb. candied cherries	1 c. cocoanut
$\frac{1}{2}$ lb. marshmallows	1 egg beaten
$\frac{1}{2}$ lb. almonds (do not blanch)	

Put all, except marshmallows, through chopper (not too fine). Cut marshmallows with scissors. Knead on board and form in small balls. Rolls in granulated sugar. No cooking.

DANISH NUT FANCIES

(Mrs. George Bigelow)

8 tbsp. shortening	1 egg (separated)
1 1/8 c. flour	$\frac{1}{4}$ c. brown sugar
1 tsp. salt	$\frac{1}{4}$ lb. chopped nuts
2 tsp. baking powder	Jam or jelly

Cream shortening, add sugar gradually; add yolk of egg and flavoring; add flour, baking powder and salt sifted together. Form mixture into small balls, dip in slightly beaten egg white. Roll in chopped nuts. Place on greased pan, make deep depression in center of each with a thimble. Bake in slow oven 25 minutes. Remove from oven while still warm fill the depression with jam or jelly.

LITTLE NUT CAKES

(Mrs. George Wilson)

$\frac{1}{2}$ c. sugar	1 c. pastry flour
$\frac{1}{2}$ c. butter	$1\frac{1}{3}$ c. finely chopped nuts or
2 beaten egg yolks.	nuts and cocoanut.

Cream butter and sugar, add beaten yolks, flour and nuts. Mix well. Roll into small balls in palm of hand. Put in buttered pan, place a blanched almond on top of each and brush over with egg white.

BUTTERSCOTCH STICKS*(Miss Mattie Harris)*

$\frac{1}{4}$ c. butter	1 egg
1 c. brown sugar	1 tsp. baking powder
$\frac{1}{2}$ c. walnuts (chopped)	$\frac{1}{4}$ tsp. salt
1 c. sifted flour	1 tsp. vanilla

Melt butter. Add sugar. When well blended remove from fire and cool. Add unbeaten egg when lukewarm. Beat well. Mix flour, salt and baking powder. Add to mixture. Then add vanilla and walnuts. Bake in a shallow pan 30 minutes. While hot, cut into 1 x 4 inch sticks.

GINGER COOKIES*(Mrs. Oscar Rohn, per L.B.)*

$\frac{1}{2}$ c. butter	$\frac{1}{2}$ c. granulated sugar
1 egg	$1\frac{1}{4}$ c. bread flour
$1\frac{1}{2}$ tsp. baking powder	$\frac{1}{2}$ c. preserved ginger
$\frac{1}{2}$ c. cherries	

Cream butter and sugar. Add well beaten egg, add fruit and flour. Form in small balls and roll in crushed corn flakes. Bake in hot oven 10 to 15 minutes.

SCOTCH COOKIES*(Mrs. N. F. Nutter)*

$\frac{1}{2}$ c. brown sugar	1 scant tsp. soda
1 c. butter (crisco)	2 tsp. cream tartar
1 egg	1 tsp. vanilla
2 c. flour	$\frac{1}{4}$ tsp. salt

Roll and bake

ORANGE COOKIES*(Mrs. Dave Vernon)*

$\frac{3}{4}$ c. butter	1 egg
1 c. sugar	3 c. flour
4 tbsp. orange juice	3 tsp. baking powder
Grated rind—	$\frac{1}{4}$ tsp. salt

Either chill and roll or make into small drop cakes.

ALMOND COOKIES*(Miss Cylenea Pickup, per D.C.)*

$\frac{1}{2}$ c. brown sugar	Salt
$\frac{1}{2}$ c. white sugar	1 tsp. soda
1 c. butter	1 tsp. cream of tartar
2 c. flour (may take more)	3 tsp. almond essence

Roll in little balls, place one half blanched almond on top of each, then spread to have a space between each ball.

ALMOND BARS*(Miss Marjorie Christie)*

$\frac{1}{2}$ lb. almonds	2 egg whites
1 c. pulverized sugar	

Beat whites, add sugar. Take out 2 tbsp. for icing. Put almonds through chopper. Mix with egg and sugar. Roll in little cakes. Put icing over top. Bake in hot oven.

SPICE CUP CAKES*(Mrs. Dave Vernon)*

$\frac{1}{2}$ c. butter	1 $\frac{1}{2}$ c. flour
1 c. brown sugar	1 tsp. each cinnamon and nutmeg
2 eggs	$\frac{1}{2}$ tsp. each cloves and vanilla
$\frac{3}{4}$ c. milk	3 tsp. baking powder

FRUIT ICEBOX COOKIES*(Miss Marion Carter)*

1 c. brown sugar	$\frac{1}{2}$ c. nuts
1 c. white sugar	2 eggs
$\frac{3}{4}$ c. shortening and butter mixed	1 tsp. soda
3 c. oatmeal	1 c. flour
$\frac{1}{2}$ c. dates cut fine	

Mix, form in roll, and let stand overnight. Slice thin, and bake 15 minutes in hot oven.

COCONUT DATE STRIPS*(Mrs. C. A. Annand)*

Rich pie paste	3 tbsps. shredded cocoanut
2 tbsp. soft shortening	$\frac{1}{4}$ c. chopped pitted dates
3 tbsp. brown sugar	

Roll rich pie-paste about 1/8 in. thick (for this amount of cocoanut and date mixture, allow about $\frac{3}{4}$ c. flour and $\frac{1}{4}$ c. shortening for the pie-paste). Spread the rolled out paste with the 2 tbsp. shortening, then cover half of it with the combined sugar, cocoanut and dates. Fold over the other half of the paste, to cover date mixture. Cut in strips, 1 or 2 inches, and brush with cream. Bake in a hot oven, 450°, until delicately browned.

DATE KISSES*(Mrs. Bert Hunt)*

2 egg whites	1 c. walnuts
1 c. frosting sugar	Vanilla
1 c. dates	

Beat whites, add sugar gradually. Then dates and nuts. Bake in a slow oven.

MACAROONS

(Mrs. E. D. Vernon)

1 egg white	Pinch of salt
1 c. brown sugar	$\frac{1}{4}$ tsp. baking powder
1 c. rolled walnuts	$\frac{1}{2}$ tsp. vanilla

Beat egg stiff, add sugar, salt, vanilla, nuts and baking powder. Put in small dabs wide apart on cookie sheet. Bake in slow oven 20 minutes. Remove from oven and leave on pan for 3 hours.

PEANUT MACAROONS

(Mrs. H. W. Murdock)

Into the well beaten whites of two eggs, add 2 c. ^{brown} white sugar, 1 lb. peanuts (remove excess salt by rolling in towel), 1 tsp. vanilla. Drop by teaspoonfuls on buttered sheet. Cook in hot oven a very few minutes or until golden brown.

COCOANUT CAKES

(Mrs. A. D. Hopper)

1 lb. freshly grated cocoanut	1 tbsp. corn syrup
1 c. sugar	2 egg whites

Cook cocoanut, sugar and corn syrup in top of double boiler until mixture coats spoon; add beaten egg whites; and cook about 5 minutes longer. Chill. Shape in small balls first dipping hands in cold water. Bake 20 minutes in slow oven.

MACAROONS

(Mrs. Elwyn Carter)

2 egg whites	1 can cocoanut
1/8 tsp. salt	$\frac{1}{2}$ c. chopped almonds
$\frac{2}{3}$ c. sugar	2 tbsp. chopped cherries
$\frac{1}{2}$ tsp. vanilla	$\frac{1}{4}$ c. chopped dates

Beat egg whites till stiff but not dry. Add sugar slowly, beating after each addition. Add other ingredients. Drop by teaspoonfuls and bake in moderate oven (25 to 30 minutes).

CRUNCHY CRISPS

(Mrs. Bert Hunt)

1 c. butter	1 c. cocoanut
1 1/2 c. brown sugar	1 1/2 c. flour
1 egg	$\frac{1}{4}$ tsp. salt
1 1/4 c. rolled oats	$\frac{1}{4}$ tsp. soda (put in flour)
2 tsp. baking powder	

Cream butter, sugar and egg together, then add rolled oats and other ingredients. Roll in little balls, put on baking pan, flatten with fork and bake.

OATMEAL DATE COOKIES*(Mrs. N. MacG. Layton)*

1 c. shortening	1 tsp. vanilla
1 c. brown sugar	2 c. bread flour
1 egg	2 c. rolled oats
1 tbsp. hot water	Salt
1 tsp. soda	

Cream sugar and shortening. Add egg. Combine water, soda and vanilla and add to mixture. Work rolled oats and flour into batter. Chill for two or three hours, roll very thin and bake in moderate oven.

Date Filling

1½ c. chopped dates	½ c. brown sugar
1 tsp. lemon juice	¼ c. hot water

Cook in double boiler about 30 minutes stirring constantly. Jar, and put between cookies before serving.

OATMEAL COOKIES*(Mrs. G. T. Purdy)*

Cream $\frac{1}{2}$ c. butter and $\frac{1}{2}$ c. drippings or crisco with 1 c. brown sugar. Add $2\frac{1}{2}$ c. rolled oats, $1\frac{3}{4}$ c. flour sifted with 1 tsp. baking powder. Add 1 tsp. cream or 1 egg (I use egg), and salt. Pack in pan and let stand in refrigerator over night. Slice and bake. (Extra good).

OATMEAL WAFERS*(Mrs. John Millard)*

2½ c. oatmeal	1 c. brown sugar
½ c. melted butter	

Mix well. Put in sheet pan. Bake 15 minutes in 350° to 400° oven. Cut while hot.

ROLLED OAT COOKIES*(Mrs. W. J. Bird)*

2 c. rolled oats	Add $\frac{1}{2}$ c. sugar
2 c. flour	1 tsp. salt
1 c. shortening	1 tsp. soda mixed with not
Rub shortening in above as you	quite $\frac{1}{2}$ c. milk

would for biscuits

Roll thin and bake in quick oven.

HAZEL NUT COOKIES*(Mrs. Bert Hunt)*

Whites 2 eggs beaten stiff	1 c. white sugar
½ lb. shelled hazel nuts put through chopper	$\frac{1}{2}$ tsp. vanilla Few grains salt

Mix together and drop by spoonfuls on greased tins. Bake in a moderate oven until light brown.

PLAIN SUGAR COOKIES

(Mrs. Hugh R. Peel)

2 c. flour	$\frac{1}{4}$ lb. butter
$\frac{1}{2}$ tsp. salt	$1\frac{1}{2}$ tsp. baking powder
1 egg	$\frac{3}{4}$ c. white sugar
1 tsp. vanilla	1 tbsp. cream

Cream butter and sugar. Add beaten egg, cream and vanilla. Mix well and add $1\frac{3}{4}$ c. flour sifted with baking powder and salt. Then add enough of the remaining flour to make dough stiff enough to roll. Chill well, then turn out on lightly floured board and roll $1/8$ inch thick. Cut as desired, place on baking sheet and sprinkle with sugar. Bake in a hot oven 8-10 minutes.

CHOCOLATE DROP COOKIES

(Mrs. H. A. Dickson)

1 heaping cup brown sugar	$\frac{1}{2}$ c. walnuts
$\frac{1}{2}$ c. butter	$\frac{1}{2}$ c. raisins
$\frac{1}{2}$ c. milk	1 tsp. vanilla
$1\frac{1}{2}$ c. flour	2 squares chocolate, melted
1 tsp. baking powder	Salt

Drop and bake in slow oven

FRUIT PATTIES

(Mrs. L. C. McCurdy)

1 c. sifted flour	$\frac{1}{2}$ c. chopped nuts
$\frac{1}{2}$ tsp. baking powder	4 tbsp. cherries
$\frac{1}{2}$ tsp. salt	4 tbsp. dates or citron
$\frac{2}{3}$ c. white sugar	$\frac{1}{2}$ c. chopped raisins
2 eggs well beaten	4 tbsp. melted butter
2 squares melted chocolate	

Sift flour, add baking powder and sift again. Add sugar to beaten eggs, beat well. Add chocolate, nuts, fruit and butter. Add flour. Mix well. Drop on buttered pan. Bake 8 minutes.

BROWNIES

(Mrs. John Millard)

2 eggs	$\frac{1}{2}$ tsp. baking powder
1 c. sugar	$\frac{1}{8}$ tsp. salt
$\frac{1}{2}$ c. butter	$\frac{1}{2}$ tsp. vanilla
2 squares chocolate	$\frac{1}{2}$ c. nuts
$\frac{1}{2}$ c. flour	

Beat eggs until light. Add sugar. Melt chocolate and butter together. Add to egg mixture. Add flour, baking powder and salt sifted together. Add vanilla and nuts. Spread in greased pan. Bake 45 minutes at 350 F.

OLD FASHIONED SUGAR COOKIES

(Mrs. N. MacG. Layton)

2 c. brown sugar	1 tsp. grated nutmeg
1 print butter or shortening	1 tsp. salt
2 eggs unbeaten	2 tsp. cream of tartar
2 tbsp. milk	About 3½ c. bread flour
1 tsp. soda	

Roll thick and bake in moderate oven.

CHOCOLATE PEPPERMINT BROWNIES

(Miss Cora Archibald)

3/4 c. flour	1 c. sugar
1/2 tsp. baking powder	2 eggs well beaten
1/2 tsp. salt	3/4 c. chopped walnuts
1/2 c. butter	1/2 tsp. extract peppermint
2 squares chocolate melted (unsweetened)	

Sift together flour, baking powder and salt. Add butter to chocolate and blend well. Add the sugar to the beaten eggs and beat well, then add the chocolate mixture. Add dry ingredients, then nuts and peppermint. Bake on well buttered pan, cut in squares or bars, remove from pan and cool on cake rack.

CHOCOLATE CRUNCH COOKIES

(Mrs. C. A. Annand)

4 tbsp. butter	1/2 tsp. salt
4 tbsp. shortening	Pinch cinnamon
3/8 c. granulated sugar	1/2 c. chopped nut meats
3/8 c. brown sugar	1 tsp. vanilla
1 egg	1-15c bitter sweet chocolate bar, cut in small pieces
1 c and 2 tbsp. sifted pastry flour	
1/4 tsp. baking soda	

Cream butter, add sugar and rest of ingredients in order given. Bake in oven temperature of 400° for 10 minutes.

CHOCOLATE CRISPIES

(Mrs. John Millard)

3 Jersey Milk chocolate bars 2 c. rice crispies

Melt chocolate and pour over crispies. Put by spoonfuls on wax paper. Let chocolate harden.

CHOCOLATE CRISPIES

(Mrs. N. F. Nutter)

1/4 c. butter	2 eggs
2 squares chocolate	1/2 c. flour
1 c. sugar	Salt, vanilla

Melt butter and chocolate. Add sugar, eggs, flour, salt and vanilla. Beat well. Spread with knife on large baking tin. Sprinkle with nuts.

CHOCOLATE SURPRISE CAKES

(Mrs. Frank Lewis)

 $\frac{1}{2}$ c. butter $\frac{1}{4}$ tsp. cloves $\frac{1}{4}$ c. cocoa $\frac{1}{2}$ c. cold water

3 eggs

1 c. flour

1 c. sugar

3 tsp. baking powder

1 tsp. cinnamon

Cream the butter, add cocoa, yolks of eggs well beaten, sugar mixed with cinnamon and cloves, and water. Beat the whites of eggs, and add to first mixture alternately with flour mixed and sifted with baking powder. Bake in cup-cake pans from fifteen to twenty minutes. Remove cone-shaped piece from center of each cake; fill hollow with whipped cream. Replace top of cone and cover with chocolate frosting.

Chocolate Frosting

2 squares chocolate (unsweetened) 1 egg

2 tbsp. butter

2 or 3 tbsp. milk

1 $\frac{1}{4}$ c. confectioners sugar

Melt the chocolate and butter together. Add egg. Cool. Beat all ingredients together until well blended. Chill thoroughly. Use enough milk to make the mixture beatable, but not too runny. Chill. Then beat until frosting is of whipped cream consistency, when it is ready to spread.

GINGER SNAPS

(Mrs. F. L. Snook)

 $\frac{3}{4}$ c. butter and lard mixed

4 tsp. soda dissolved in 4 tsp.

1 $\frac{1}{2}$ c. white sugar

hot water

2 eggs well beaten

4 c. pastry flour

1 tsp. each cinnamon, ginger, and cloves (tsp. cocoa may be added)

 $\frac{3}{4}$ c. molasses

Salt

Mix well and set in refrigerator to chill before rolling.

SNAPPY SNAPS

(Miss M. A. Beresford)

Take four and a half ounces golden syrup, four and a half ounces butter, four ounces flour, four ounces raw or brown sugar, one tsp. ground ginger, and the grated rind of half a lemon.

Mix butter, sugar and syrup well before adding other ingredients. Drop in lumps on well-buttered tin, allowing plenty of room to run, and bake in a quick oven.

GINGER COOKIES

(Miss M. Harris)

1 c. sugar (brown or white)

4 tsp. soda

1 c. molasses

2 ~~tsp. cream of tartar~~ 499

1 c. shortening

2 eggs

4 c. flour

1 tsp. salt

2 level tsps. ginger (or according

2 tsp. cream of tartar

to taste)

Roll in balls (in your hands). Press with a fork, and cook in hot oven.

CRISP GINGER COOKIES

(Mrs. G. T. Purdy)

1 egg	1 heaping tsp. soda
5/6 c. dripping	1/2 tsp. ginger
1 c. brown sugar	1/2 tsp. cinnamon
1 c. molasses	1/4 tsp. salt
4 c. pastry flour	1/2 tsp. nutmeg

Melt shortening, work in sugar. Add molasses and beaten egg. Add flour. Chill and slice.

GINGER PUFFS

(Mrs. Jas. Archibald)

1/2 c. molasses	1/4 tsp. cloves
1/2 c. sugar	1/4 tsp. cinnamon
1/4 c. melted butter	1 egg
1 1/4 c. flour	1/2 tsp. salt
1 tsp. soda	1/2 c. boiling water
1/2 tsp. ginger	

Put egg in last. Bake about 20 minutes 400°.

RAISIN PUFFS

(Mrs. Frank Wellard)

1 c. white sugar	2 c. flour
1 c. shortening (scant)	2 tsp. baking powder
2 eggs	1/4 tsp. salt

Filling:

1 pkg. raisins	3 tbsp. cornstarch
1 c. sugar	

Cover with water and cook until thick before spreading on half pastry pressed in pan. Cover filling with remainder of pastry and bake in slow oven until browned.

RAISIN FILLED COOKIES

(Mrs. Jack Learment, per D.M.)

1 c. white sugar	2 tsp. cream of tartar
1/2 c. milk	1 tsp. soda
1 c. butter	1 tsp. vanilla
1 egg	

Filling:

1 c. chopped raisins (dark sticky ones)	1/2 c. hot water
1/2 c. sugar	Cook until thick

Roll batter, which should be quite stiff, thin. Put cookies in pan. Put 1 tsp. filling on each. Place another cookie gently on top.

CUP CAKES*(Mrs. Dora Wellard, per H. MacD.)*

1 $\frac{2}{3}$ c. sifted cake flour	2 eggs well beaten
1 $\frac{1}{2}$ tsp. baking powder	$\frac{1}{2}$ c. milk
$\frac{1}{3}$ c. butter or other shortening	1 tsp. lemon or vanilla extract
1 c. sugar	

Sift flour once, measure, add baking powder and sift three times. Cream butter thoroughly, add sugar gradually and cream them until light and fluffy. Add eggs, the flour alternately with milk, beating after each addition until smooth. Add flavoring. Pour into greased muffin pans or paper cups, filling about $\frac{1}{2}$ full. If not to be frosted, it is nice to put a few chopped nuts on some, some cocoanut on others, and a few seedless raisins on the rest. Bake 20-25 minutes in moderate oven.

DUTCH DAINTIES*(Mrs. Leonard Rafuse)*

1 $\frac{1}{2}$ c. butter	1 $\frac{1}{2}$ c. flour
$\frac{3}{4}$ c. sugar	1 tsp. baking powder
1 egg yolk	Salt
1 whole egg	

Conventional cake method.

Place about 1 tbsp. of mixture in tart tin. Press out to line bottom and sides. Fill each tart with the following:

1 egg white	$\frac{1}{3}$ c. cherries
1 c. brown sugar	$\frac{1}{3}$ c. raisins
1 c. dates	Vanilla
$\frac{1}{3}$ c. nuts	

Bake in a moderate oven about 15 minutes.

BACHELOR BUTTONS*(Mrs. Helen Embree)*

1 c. butter	2 tsp. baking powder
1 egg	2 c. flour with more to roll out.
$\frac{3}{4}$ c. brown sugar	

Cut in rounds. Place jelly on bottom one. Cut center from top one and place over the one with jelly. Bake.

WELSH CHEESE CAKES*(Mrs. F. M. Blois)*

4 tbsp. butter	8 tbsp. flour
4 tbsp. sugar	$\frac{1}{2}$ tsp. baking powder
1 egg	Grated rind 1 lemon

Cream butter, add sugar, beaten egg. Sift baking powder with flour. Add to mixture and last the lemon rind. Put 1 tsp. raspberry jam in centre of uncooked pastry shell. Top this with 1 tsp. cake batter and bake in moderate oven.

RECEPTION DAINTRIES

(Mrs. H. W. Murdock)

2 c. flour	$\frac{3}{4}$ c. butter
2 tbsp. sugar	1 egg beaten
$\frac{1}{4}$ tsp. salt	2 tbsp. milk
1 tsp. baking powder	1 tsp. vanilla

Roll thin and cut with round cutter. Put $\frac{1}{2}$ tsp. jam or jelly on and fold over locking with a fork.

BUTTERSCOTCH SQUARES

(Miss Millie Yuill)

$\frac{1}{2}$ c. butter	$\frac{1}{4}$ tsp. salt
1 c. brown sugar	1 tsp. baking powder
1 egg	1 tsp. vanilla
1 c. sifted flour	$\frac{1}{4}$ c. pecan nuts, or walnuts, chopped

Melt butter, blend in sugar. Remove from heat and cool to lukewarm. Add unbeaten egg and mix well; add flour, salt and baking powder. Beat until smooth. Add nuts and vanilla. Bake 25-30 minutes in moderate oven. Cut in squares while warm.

CALLA LILIES

(Mrs. Dora Wellard, per H. MacD.)

4 eggs	1 tsp. baking powder
1 c. granulated sugar	Few grains of salt
1 c. sifted pastry flour	

Beat eggs until light, then beat in sugar gradually and very thoroughly. Sift flour, baking powder and salt, and beat into egg and sugar mixture. Drop by tsps. on greased pan, and bake in a moderate oven about seven minutes. (They should be soft enough to handle and just lightly browned). Remove from pan and roll as cornucopias, fastening bottoms of each with toothpick. No more than six or eight should be baked at a time as they require immediate attention after baking.

For serving, fill with slightly sweetened and flavored whipped cream, and arrange thin pieces of drained cherries or candied orange peel as stamens.

PINEAPPLE CAKES

(Mrs. E. G. Moxon)

1 c. flour	1 tbsp. sugar
1 tbsp. butter	1 tsp. baking powder (royal preferred)
3 eggs	Salt. Vanilla

Cream butter and sugar, add baking powder, salt and flour well sifted. Beat eggs and divide them, using one half with butter mixture. Spread this on well buttered pan and cover with layer of crushed pineapple (one tin). Then cover pineapple with layer made of 2 c. cocoanut, 1 c. white sugar, 1 tbsp. melted butter and remaining eggs. Bake in moderate oven.

SHREWSBURY CAKE*(Mrs. E. A. Murray, per D. M.)*

1 c. butter
1 c. sugar
1 egg

3 c. flour
2 tsp. baking powder

Divide dough and roll to fit pan. Put $\frac{1}{2}$ in bottom. Cover with thick raspberry jam. Cover with other half dough and press to other part. Sprinkle lightly with sugar. Cut in squares when cold. Oven 300°.

RASPBERRY SQUARES*(Mrs. Lloyd Black)*

1 c. flour
1 egg
1 tsp. baking powder

$\frac{1}{2}$ c. butter
1 tbsp. milk
Pinch salt

Rub butter into flour which has been sifted with baking powder. Add beaten egg and milk. Mix and spread in pan about 7 x 10. Cover with thick raspberry jam.

Top: 1 c. white sugar

1 tsp. vanilla

Butter size of small egg

2 c. fine cocoanut

1 beaten egg

Spread over the jam and bake a light brown in a moderate oven. When cold, cut in squares.

LEMON SQUARES*(Mrs. D. A. Sandilands)*

$\frac{1}{4}$ c. rolled cracker crumbs
 $\frac{3}{4}$ c. flour
 $\frac{1}{2}$ c. cocoanut
 $\frac{3}{4}$ c. butter (softened)

$\frac{1}{2}$ c. white sugar
1 tbsp. milk
1 tsp. baking powder

Cream butter and sugar, add milk and other ingredients. Put half of mixture in pan, press lightly. Spread lemon filling over, then spread remaining mixture over the top. Cook in moderate oven till brown.

Filling: 1 c. sugar

Butter size of walnut

1 c. cold water

Salt. Juice and rind of a lemon

1 tbsp. (heaping) cornstarch

Cook in double boiler

1 egg

DOUGHNUTS*(Mrs. W. J. Bird)*

1 c. brown sugar
2 eggs
 $\frac{1}{4}$ print butter
 $\frac{1}{2}$ c. milk
3 c. flour

2 level tsps. cream of tartar
1 tsp. soda
 $\frac{1}{2}$ tsp. salt
Nutmeg and lemon flavoring,
or tsp. lemon juice

Cream butter and sugar, add eggs well beaten. Sift dry ingredients and mix alternately with milk. Drop by spoonfuls to make round doughnuts, in hot fat.

CHEESE AND JELLY SQUARES*(Mrs. Walter Snook)*

1 square butter	1 c. flour
1 pkg. Kraft cheese	

Rub together butter, cheese and flour as for pastry. Put half of mixture in bottom of shallow pan, pat down firmly. Spread with jelly and sprinkle remainder of crumbs over top. Bake until nicely brown. Cut in squares in pan before removing.

DELICIOUS DOUGHNUTS*(Mrs. George Pollock, per D.C.)*

5 c. flour	heaping tsp. nutmeg
4 tsp. cream of tartar	
2½ tsp. soda	3 eggs
½ print butter	1½ c. sugar
1 dessertspoon salt	1½ c. milk

Sift flour, cream of tartar, soda, salt, nutmeg; make hole in center of it and add mixture which has been previously mixed by beating eggs adding sugar, melted butter. Add milk slowly after these two are combined. Mixture must not be stiff, yet not too soft to handle. Take a little, roll out, cut with doughnut cutter and twist, then put more with that already rolled. Do this each time till all is used. Lard must be smoking.

CREAM PUFFS*(Miss H. R. McMullen)*

½ c. butter	4 eggs
1 c. boiling water	1 c. pastry flour

Put butter and water in saucepan and heat to boiling point, sift in flour all at once and beat vigorously. Cook until mixture leaves side of pan. When slightly cooled, add unbeaten eggs, one at a time, beating thoroughly with each egg. The mixture should be stiff enough to hold its shape. Drop by spoonfuls or force through pastry bag on a greased baking sheet, keeping circular in shape and piled in center. Bake in a moderately hot oven (375°) about 45 minutes, until no drops of moisture remain. One may be removed from oven to test. When cool, make a slit in side and fill with whipped cream, or any cream filling. Dust top with powdered sugar.

With whipped cream and chocolate sauce, these make a delicious dessert.

Deserts

MOTHER EVE'S PUDDING

"If you'd have a good pudding, observe what you're taught;
 Take five or six eggs fresh from the hen brought,
 And of the same fruit that Eve had once chosen
 Well pared and well chopped at least half a dozen,
 Six ounces of bread, let your man eat the crust,
 The crumbs must be grated as small as the dust,
 Six ounces of raisins from the stones you must sort
 Lest they break all your teeth, and spoil all your sport,
 Five ounces of sugar won't make it too sweet,
 Some salt and some nutmeg will make it complete;
 Three hours let it boil without hurry or flutter
 And then serve it up without sugar or butter."—Very Old Recipe

PINEAPPLE TORTE

(*Mrs. G. T. Purdy*)

Beat whites and yolks of 3 eggs separately. Add 1 c. sugar to yolks, 1 cup bread crumbs, $\frac{1}{2}$ c. chopped nuts and 1 cup crushed pineapple. Fold in stiffly beaten whites. Bake in moderate oven 25 min. (325°). Serve plain or with cream.

MERINGUE TART PIE

(*Mrs. F. M. Blois*)

4 egg whites

$\frac{1}{2}$ tsp. Baking Powder

1 c. sugar

1 tsp. salt

Spread on pie plate and bake 1 hr. in oven 200° .

Filling

4 egg yolks

$\frac{1}{2}$ c. lemon juice

1 c. sugar

Butter size of an egg

Cook in double boiler. Spread layer on meringue crust, then add layer of whipped cream, another layer of filling, layer of whipped cream, etc., until filling is all used, topping with whipped cream. Let stand in refrigerator over night. Requires about $\frac{1}{2}$ pt. cream.

MEDITERRANEAN PIE

(*Mrs. R. M. Langille, per D. C.*)

Whites 3 eggs well beaten

pinch salt

1 tsp. vinegar

Beat in slowly 1 c. sugar. Put in pan lined with unglazed paper. Bake three-quarters of an hour. Let stand until partly cool. Can be made the day before. Pile ice-cream and fruit or whipped cream and fruit in the centre.

ORANGE SOUFFLE*(Mrs. Hugh R. Peel)*

Yolks 4 eggs	1 c. sugar
Grated rind and juice of 1 orange	4 egg whites
1 tbsp. lemon juice	

Beat yolks till thick and lemon colored. Add sugar gradually, then fruit juices and rind. Fold in egg whites beaten until dry. Turn into buttered and sugared shallow baking dish. Place in a pan of warm water and bake until firm.

DELICIOUS LEMON PUDDING*(Mrs. Frances Casson)*

1 cup white sugar	3 heaping tsp. cornstarch
1 large lemon	1 tsp. butter
2 eggs	2 cups hot water

Boil sugar, butter, cornstarch, lemon and water five minutes. Add well beaten egg yolks and lastly after taking from stove, stiffly beaten egg whites. Serve cold with whipped cream.

PEACH CREAM PUDDING*(Mrs. Dora Wellard, per H. MacD.)*

2 tbsp. cornstarch	2 eggs
$\frac{1}{2}$ c. cold milk	1 tbsp. butter
$1\frac{1}{2}$ c. scalded milk	1 tsp. vanilla
$\frac{1}{4}$ c. sugar	4 tbsp. sugar
$\frac{1}{4}$ tsp. salt	1 c. peach slices

Dissolve cornstarch in cold milk, add to scalded milk together with sugar and salt. Cook 10 minutes, add beaten egg yolks. Remove from heat, add butter and flavoring. Have ready a meringue of egg whites and 4 tbsp. of sugar and fold into the hot pudding. Put a layer of pudding in dish, then layer of sliced peaches, which should have been well drained if of the canned variety. Garnish with whipped cream and cherry after chilling.

PINEAPPLE CUSTARD*(Mrs. V. D. Crowe)*

“Luscious as a topping for sponge cake”

$\frac{1}{2}$ c. sugar	4 slightly beaten eggs
$\frac{1}{4}$ tsp. salt	1 tsp. lemon juice
1 tbsp. cornstarch	1 14-oz. can pineapple,
1 c. pineapple syrup	spoon sized cubes

1 c. heavy whipped cream

Combine sugar, salt, cornstarch and pineapple syrup drained from canned pineapple. Cook in double boiler until thick; add slowly to eggs and lemon juice; return to double boiler and cook until mixture coats spoon. Chill. Fold in pineapple and whipped cream. Serves 6.

LEMON PUDDING*(Mrs. Lloyd Black)*

2 slices of bread (across the loaf) about 1" thick (with crusts off). Cut in squares.

Pour a little milk over to moisten, then heat 1½ cups milk. Pour this over the bread. Add grated rind of 1 lemon, 2 eggs beaten separately, little salt, and pour over. Beat whites of eggs and add slowly 1 cup sugar. When stiff add most of the lemon juice and spread on top. Bake in quite a slow oven.

TAPIOCA CUSTARD PUDDING*(Mrs. A. W. MacKenzie)*

4 c. scalded milk	½ c. sugar
½ c. tapioca	1 tsp. salt
3 eggs	1 tsp. butter

Soak tapioca 1 hr. in cold water to cover. Drain, add milk. Cook 30 min. Beat eggs lightly, add sugar and salt. Pour on gradually hot mixture. Turn into buttered pudding dish. Add butter. Bake 30 min. in slow oven.

BREAD PUDDING*(Mrs. Walter Snook)*

3 slices buttered white bread	1 tsp. vanilla
1 whole egg and yolk of another (save white for meringue)	sugar to taste
	¾ c. milk

Dice bread. Put in baking dish. Beat eggs, add milk and sugar. Pour over bread. Add more milk if desired. Bake until browned on top. Remove from oven. Spread with jam or jelly. Cover with meringue and brown.

COFFEE CREAM*(Mrs. C. K. Munro)*

½ lb. marshmallows	½ pt. cream
½ c. hot coffee	

Melt mallows in hot coffee over low heat. Cool to almost jelly then add whipped cream. Beat well. Chill in refrigerator.

PEPPERMINT STICK PUDDING*(Mrs. Frank Stanfield)*

½ lb. Peppermint stick candy	1 c. whipped cream
½ c. milk	salt

Crush candy, add milk and heat until dissolved. Cool, then fold in cream and salt. Freeze.

Shells—

1/8 tsp. salt	¼ tsp. vanilla
¼ tsp. c. tartar	2 egg whites

Beat egg whites until foamy, then gradually add ½ c. sugar beating until stiff then c. tartar vanilla and salt. Form in cups on baking sheet and bake. When ready to serve fill with frozen mixture. Makes 8 or 10.

CHOCOLATE SOUFFLE

(Mrs. Chas. MacLennan)

2 tbsp. butter	$\frac{1}{2}$ c. sugar
2 tbsp. flour	3 eggs
$\frac{3}{4}$ c. milk	$\frac{1}{2}$ tsp. Pure Gold Vanilla
1 $\frac{1}{2}$ squares, Fry's Chocolate	

Melt butter, add the flour and stir until smooth. Add milk and stir. When it boils, add melted chocolate and sugar. Add this to beaten yolks, cook, and add whites beaten stiff. Flavour, pour into greased dish and set in pan of hot water. Bake in moderate oven until set—25 min.

ORANGE SOUFFLE WITH FOAMY SAUCE

(Mrs. V. D. Crowe)

3 egg whites	$\frac{1}{4}$ tsp. orange extract
3 tbsp. granulated sugar	$\frac{1}{2}$ c. chopped almonds, toasted
2 tbsp. orange marmalade	

Beat egg whites to a stiff foam; gradually add sugar and continue beating until mixture forms peaks that bend slightly when beater is lifted. Add orange marmalade and orange extract; pour into greased top of double boiler. Place over hot water, cover, and cook 1 hr. Turn out on warm serving plate. Pour over the following—

Foamy Sauce

Beat 3 egg yolks, $\frac{3}{4}$ c. confectioners' sugar, $\frac{1}{2}$ tsp. vanilla and 1/8 tsp. salt; fold in 1 cup heavy whipped cream. Chill. Sprinkle with nut meats. Serves 4—6

GRAPEFRUIT PUDDING

(Mrs. N. F. Nutter)

1 can grapefruit	$\frac{1}{2}$ c. brown sugar
Cover with biscuit dough and bake.	Serve with whipped cream.

LEMON RICE PUDDING

(Mrs. Elwyn Carter)

1 c. boiled rice	2 egg yolks
1 $\frac{1}{2}$ c. milk	rind of 1 lemon (grated)
$\frac{1}{2}$ c. sugar	

Cook these ingredients in a double boiler until the mixture thickens like a custard. Just before serving top the pudding with a meringue made of 2 egg whites, $\frac{1}{2}$ c. sugar and the juice of 1 lemon.

LEMON PUDDING

(Miss Reta Donkin)

1 c. sugar	yolks of 2 eggs
1 tbsp. butter	1 c. milk
2 tbsp. flour	juice and rind of 1 lemon

Mix the above ingredients well. Beat whites of eggs until stiff and add to other mixture. Set in a dish of boiling water and bake.

ORANGE-GRAPENUT PUDDING

(Mrs. L. C. McCurdy)

$\frac{1}{4}$ c. butter	1 c. milk
1 c. sugar	3 tbsp. grapenuts
2 eggs separated	2 tbsp. flour
juice and rind of 1 orange	

Cream butter, add sugar, then beaten egg yolks, flour, grapenuts, milk, grated rind and juice of orange. Fold in egg whites beaten stiff. Place in baking dish and bake in pan of hot water until firm (about 25 min.)

ORANGE PUDDING

(Mrs. Frank Stanfield)

small piece butter	1 c. milk
4 tsp. flour	2 egg yolks
1 c. white sugar	vanilla

Slice 2 oranges in dish and cover with sugar. Let stand while making custard. Melt butter in double boiler, add flour, beat egg yolks, add milk and sugar and add to first mixture. Cook until thick. Pour over oranges. Beat whites, add a little sugar and put on pudding and brown in oven.

FEATHER CRUST PUDDING

(Miss M. A. Beresford)

Pare and core four large apples and cut them into thin slices. Sift two cupfuls of flour and two teaspoonfuls of baking powder into a bowl and rub in two tablespoonfuls of butter. Beat up one egg and mix it with three quarters cupful of milk. Mix all together, add sugar to taste, pour into a greased bowl and steam for one-and-a-quarter hours.

APPLE CHARLOTTE

(Miss Helen J. Macdougall)

1 egg	1 tsp. flavoring
1 c. milk	$\frac{1}{2}$ tsp. salt
2 tbsp. sugar	toast

Apple sauce, slightly sweetened

Line buttered baking dish with strips of buttered toast. Fill centre with apple sauce. If heated it will save time in baking. Sprinkle with grated nutmeg. Mix remaining ingredients, pour over apple, and bake in a moderate oven.

RHUBARB TAPIOCA

(Miss Helen J. Macdougall)

$\frac{3}{4}$ c. pearl or minute tapioca	3 c. rhubarb cut in 1" lengths
cold water	$\frac{3}{4}$ c. sugar
3 $\frac{1}{2}$ c. boiling water	$\frac{1}{2}$ tsp. salt

Soak the tapioca in cold water to cover. Drain, add boiling water and salt. Cook in double boiler until transparent. Combine with rhubarb add sugar and bake in a moderate oven until rhubarb is tender.

UPSIDE DOWN APPLE CAKE

(Mrs. Geo. Wilson)

3 tbsp. butter	$\frac{1}{2}$ c. milk
$\frac{1}{2}$ c. sugar	$1\frac{1}{8}$ c. flour
1 small egg	2 tsp. baking powder
$\frac{1}{4}$ tsp. salt	

Cream the butter, add sugar gradually, and egg well beaten; mix and sift flour, baking powder, and salt; add alternately with milk to first mixture.

Pare and slice very thin, two or three apples. Cover a well-buttered pie plate with the apples, sprinkle generously with sugar, nutmeg, and cinnamon and spread the above cake mixture on top. Bake in moderate oven. Invert on plate and serve with whipped cream.

CHOCOLATE CAKE PIE

(Mrs. G. C. McElhinney)

1 tbsp. butter	$\frac{1}{4}$ c. sweet milk
1 c. sugar	1 scant tsp. soda
1 egg	$\frac{1}{2}$ tsp. salt
$\frac{1}{2}$ c. sour milk	3 tbsp. cocoa
1 c. flour ($\frac{1}{2}$ pastry, $\frac{1}{2}$ bread)	

Cream butter and sugar, add egg, soda in sour milk, salt and cocoa mixed with flour. Add flour alternately with milk.

Filling—

$1\frac{1}{2}$ c. sugar	3 tbsp. cornstarch
$1\frac{1}{2}$ c. boiling water	

Mix sugar and cornstarch, add boiling water. After it thickens add $1\frac{1}{2}$ squares chocolate, butter and vanilla. Cool. Split pie and put between and remainder on top. Whipped cream improves flavor.

HUNTINGTON PUDDING

(Mrs. F. S. Layton)

1 pint milk	2 egg yolks
$\frac{1}{4}$ c. rice	$\frac{1}{2}$ c. sugar
small piece butter	grated rind of 1 lemon

Cook milk and rice in double boiler until soft, add sugar and egg yolks beaten together. Remove from heat and add grated rind of lemon and butter. Beat whites stiff with 2 tbsp. sugar, add lemon juice to taste. Spread over top and brown in oven.

CHOCOLATE CRUMB PUDDING

(Mrs. V. D. Crowe)

In double boiler heat one ounce of sweet chocolate, $\frac{1}{2}$ c. butter, $\frac{1}{2}$ c. milk. Add slowly 4 beaten yolks, $\frac{1}{2}$ c. sugar. Cook until thickened. Add 2 c. soft bread crumbs, 1 c. shredded blanched almonds. Fold in 4 stiffly beaten egg whites. Cover and steam in double boiler 25 min. Serve hot or cold with cream or custard sauce. Serves 8.

QUICK MAPLE PUDDING

(Mrs. K. M. Lewis, per D. M. R.)

1 cup hot maple syrup poured into greased baking dish. Pour into it the following batter—

Cream 1 tbsp. shortening and 2 tbsp. sugar
 Add 1 beaten egg
 1 c. sifted flour
 2 tsp. baking powder } added alternately with $\frac{1}{2}$ c. milk
 $\frac{1}{4}$ pinch salt

Bake about 25 minutes in moderate oven. Serve hot, garnished with chopped nuts.

PECAN BUTTERSCOTCH LOAF

(Mrs. Frank Lewis)

1 $\frac{1}{2}$ c. sifted cake flour	1 1/8 c. sugar
1 $\frac{1}{2}$ tsp. baking powder	5 egg yolks
$\frac{1}{4}$ tsp. salt	2 tbsp. cold water
5 egg whites	1 tbsp. lemon juice
$\frac{1}{3}$ c. melted butter	

Sift together the flour, baking powder and salt. Beat the egg whites until foamy. Add the sugar gradually, beating constantly until the mixture is stiff and shiny. Beat the egg yolks until thick and lemon-colored and fold into the whites. Add the water, lemon juice and 1 tsp. grated lemon rind and mix lightly. Fold in the flour mixture, then add the melted butter, cooled until slightly thickened.

Butter a cake pan and in it melt 3 tbsp. butter. Add $\frac{1}{2}$ c. firmly packed brown sugar. Stir over low heat until the sugar is melted. Peel 2 or 3 bananas cut in two, then lengthwise. Arrange cut side down in this syrup, and sprinkle $\frac{1}{2}$ c. pecans around the bananas. Pour in the cake mixture and bake in a slow oven about 1 hour and 20 minutes. Invert on a serving plate. Serve with whipped cream or balls of vanilla ice cream.

BUTTERSCOTCH COCOANUT PUDDING

(Mrs. L. C. McCurdy)

Sift 1 c. flour, 1 tsp. B. P., $\frac{1}{2}$ c. white sugar, $\frac{1}{2}$ tsp. salt. Add $\frac{1}{2}$ c. milk, 1 tsp. vanilla, 1 c. cocoanut. Put in buttered pan. Mix 1 c. brown sugar, 2 c. hot water, butter size of egg. Pour over batter. Bake.

HONEYCOMB PUDDING

(Mrs. G. T. Purdy)

$\frac{1}{2}$ c. sugar	$\frac{1}{4}$ c. warm milk
$\frac{1}{2}$ c. flour	$\frac{1}{2}$ tsp. soda
$\frac{1}{2}$ c. molasses	2 eggs, well beaten
$\frac{1}{4}$ c. butter	

Mix sugar and flour, then molasses. Melt butter in milk, add soda. Combine. Beat and add eggs. Bake $\frac{1}{2}$ hr.—350°.

NEWPORT PUDDING

(Miss M. Harris)

Soak 6 crackers in 1 quart of milk for 1 hour

Then add:

Yolks of 3 eggs

½ c. sugar and grated rind of 2 lemons

Put dots of butter on top and bake $\frac{3}{4}$ hour

Make a meringue with juice of 2 lemons added to a cup of sugar and the whites of the eggs well beaten.

Remove pudding from the oven, put meringue on top, return to oven and bake until a light brown.

LEMON CREAM SPONGE

(Mrs. Hugh R. Peel)

1 c. Swansdown flour

1 tsp. lemon rind

1½ tsp. baking powder

½ c. cold water

¼ tsp. salt

1 tsp. lemon juice

¾ c. sugar

2 tbsp. sugar

2 eggs

Beat egg yolks and cold water until yellow and frothy. Add lemon rind. Add $\frac{3}{4}$ c. sugar gradually. Then add flour, baking powder, and salt, beating in with rotary beater. Beat egg whites stiff, add lemon juice and the 2 tbsp. sugar. Combine mixtures. Bake in a round tin about 45 min. (temp. 300°).

Filling and Sauce:

Put 1 c. sugar and 5 tbsp. flour in double boiler. Add 1 egg slightly beaten, $\frac{1}{2}$ c. lemon juice, $\frac{2}{3}$ c. water and 2 tsp. butter. Mix well. Cook for 10 min. Add 1 tsp. lemon rind when cool. Just before serving whip $\frac{1}{2}$ pt. cream and add to filling. Use part as filling for cake and remainder as a sauce with each serving.

STEAMED CHOCOLATE PUDDING

(Mrs. G. W. Reid)

1 tbsp. butter (large)

1 c. flour

½ c. white sugar

1 tsp. baking powder

1 egg

1 square chocolate

½ c. milk

vanilla

Beat egg, add sugar, milk, flour and baking powder. Melt chocolate and butter together. Add to mixture. Steam 1 hr. Serve with uncooked pudding sauce. (See sauces).

SULTANA STEAMED PUDDING

(Mrs. G. T. Purdy)

6 tbsp. flour

3 tbsp. sugar

3 tbsp. sultanas

3 tbsp. suet

salt

1 tea cup boiling milk poured on 1 tsp. soda. Steam $2\frac{1}{2}$ hours.

Serve with thin custard sauce.

STEAMED CHOCOLATE PUDDING

(Mrs. J. Arch Fraser)

1 egg	$\frac{1}{4}$ tsp. cinnamon
$\frac{1}{2}$ c. sugar	$\frac{1}{2}$ c. milk
1 tbsp. butter	1 c. flour
$\frac{1}{2}$ c. cocoa	2 tsp. baking powder
Steam $1\frac{1}{2}$ hrs.	

CHOCOLATE VOLCANOES

(Mrs. Geo. Wilson)

5 tbsp. butter	$2\frac{1}{2}$ tsp. baking powder
$\frac{3}{4}$ c. sugar	$1\frac{1}{2}$ c. sifted pastry flour
1 egg	$\frac{1}{2}$ tsp. salt
6 tbsp. cocoa	$\frac{2}{3}$ c. milk

Cream butter, add sugar and cream together. Add beaten egg. Sift together three times cocoa, baking powder, flour and salt. Add alternately with milk to first mixture. Beat well and bake in muffin tins. Cool, cut out centers and fill with sweetened whipped cream or ice cream. Garnish with whipped cream or chocolate sauce or both. Replace top.

MARMALADE PUDDING

(Miss Millie Yuill)

1 c. marmalade	$\frac{1}{2}$ c. butter
1 c. sugar	1 tsp. soda
1 c. milk	1 qt. fresh bread crumbs
4 eggs	$\frac{1}{2}$ tsp. salt

Cream butter. Add sugar. Add milk in which soda is dissolved. Add well beaten egg yolks, marmalade and bread crumbs and salt. Add well beaten egg whites. Steam $3\frac{1}{2}$ hrs. Serve with hard sauce.

STEAMED MOLASSES FRUIT PUDDING

(Mrs. N. MacG. Layton)

$\frac{1}{4}$ c. shortening	$\frac{1}{2}$ c. all bran
$\frac{1}{2}$ c. molasses	1 egg
$\frac{1}{2}$ c. milk	$\frac{1}{2}$ tsp. soda
1 c. pastry flour	1 tsp. salt
$\frac{1}{2}$ c. raisins or dates	

Melt shortening. Add molasses, milk and well beaten egg. Mix and sift dry ingredients and blend with first mixture. Dust the raisins with a little flour and add them to the batter. Turn into greased mold about 7" square and steam $1\frac{1}{2}$ hrs. Makes six good servings.

Sauce. Boil 2 cups water with $\frac{1}{2}$ cup brown sugar for ten minutes. Add 2 tsp. lemon juice, $\frac{1}{2}$ tsp. grated nutmeg, salt. Thicken with a little cornstarch. Serve hot.

SAGO STEAMED PUDDING

(*Mrs. H. A. Dickson*)

2 tbsp. sago soaked in 1 c. milk over night	
1 c. bread crumbs	1 tsp. soda
1 egg beaten	nutmeg
$\frac{3}{4}$ c. sugar	cinnamon
2 tbsp. butter	1 c. raisins

Steam $1\frac{1}{2}$ hrs. and serve with sauce. Tastes like plum pudding and is much lighter.

STEAMED ROSE PUDDING

(*Mrs. E. B. MacDaniel*)

1 tbsp. butter		1 tsp. baking powder
1 c. flour		1 tbsp. milk
3 tbsp. sugar		flavor to taste
1 egg		

Put rhubarb, strawberries or blueberries either cooked or raw in bottom of mold. Steam 1 hour.

PINEAPPLE-DATE PUDDING

(*Mrs. Kenneth Cox*)

Beat 1 egg, add $\frac{1}{2}$ c. sugar, $\frac{1}{2}$ tsp. salt, 3 tbsp. melted butter and 1 cup pineapple juice. Heat. Stir in 1 cup chopped dates, $\frac{1}{4}$ c. chopped raisins $\frac{1}{2}$ c. chopped nuts and 1 tsp. vanilla. Sift together 1 tsp. cinnamon, $\frac{1}{2}$ tsp. nutmeg, $\frac{3}{4}$ tsp. soda, 1 tsp. baking powder, $1\frac{1}{2}$ cups flour. Add to first mixture. Grease moulds, fill $\frac{2}{3}$ full; cover with two thicknesses of heavy waxed paper held in place by string or rubber bands. Steam two hours. Pudding may be removed from cans, wrapped in wax paper when cool, and kept in refrigerator several days. Reheat before serving. Orange pudding sauce is delicious with this pudding. (See Sauces)

POVERTY PUDDING

(*Mrs. J. Arch Fraser*)

2 c. graham flour	1 tsp. soda
1 c. molasses	salt
1 c. milk	spice
1 tsp. cloves, nutmeg, cinnamon, raisins to taste	

Put in greased pan and steam 2 hrs. Serve with hard sauce.

APPLE CRUMB DESSERT

(*Mrs. A. W. MacKenzie*)

Fill a deep pie plate or shallow pudding dish with thinly sliced apples and cover with a crumbly crust made by creaming together—

$\frac{1}{4}$ c. butter	$\frac{3}{4}$ c. flour
$\frac{1}{2}$ c. brown sugar	almond flavoring

Rhubarb, blueberries, or other fresh fruit may be used.

STRAWBERRY PRESERVE STEAMED PUDDING

(Mrs. C. M. Collin, per B. S.)

$\frac{1}{2}$ c. butter, creamed with	1 tsp. soda
1 tbsp. sugar	1 c. strawberry preserve
Add 2 eggs well beaten	$\frac{1}{4}$ tsp. salt
$1\frac{1}{2}$ c. flour	
Steam $1\frac{1}{2}$ hours.	
Sauce	
$\frac{1}{4}$ c. butter	1 beaten egg
1 c. sugar	$\frac{1}{2}$ c. strawberry preserve
Beat well together.	

SIX CUP PUDDING

(Mrs. Dora Wellard, per H. MacD.)

1 c. suet, finely chopped	1 c. sugar, brown or white
1 c. fresh bread crumbs	1 c. mixed fruit
1 c. all-purpose flour	(raisins, dates etc.)
1 tbsp. baking soda	1 c. milk

Sift flour and baking soda two or three times, then add the other dry ingredients. Make a well in centre and stir in milk gradually. Steam two hours in baking powder tins, or three hours if cooked in a larger tin containing all the mixture. Grease tins well and do not fill them more than two-thirds full. Serve with hard sauce.

EVERYDAY PLUM PUDDING

(Mrs. F. L. Snook)

1 c. chopped suet	3 c. flour
1 c. molasses	1 tsp. soda
1 c. milk	$1\frac{1}{2}$ tsp. salt
$\frac{1}{2}$ tsp. cloves	$\frac{1}{2}$ c. raisins
$\frac{1}{2}$ tsp. mace	floured { 1 c. currants
$\frac{1}{2}$ tsp. allspice	1 c. dates and figs

Mix and sift ingredients. Add molasses, milk and suet. Combine mixture. Pour into about 4 small buttered molds, cover and steam 3 hrs. Serve with hard sauce.

BLUEBERRY TEA CAKES

(Miss Cora Archibald)

5 tbsp. butter	$\frac{2}{3}$ c. milk
1 c. sugar	3 tsp. baking powder
2 eggs	pinch salt
1 $\frac{1}{4}$ c. flour	1 $\frac{1}{2}$ c. blueberries

Cream butter, add sugar gradually, well beaten eggs, then milk, and flour with baking powder and salt, alternately. Lastly add blueberries to which a small amount of the flour and sugar has been added.

Bake in shallow pan or muffin tins. Serve hot with butter or serve as dessert with blueberry sauce.

BLUEBERRY PUDDING

(Miss Millie Yuill)

1 c. sugar	2 c. flour
$\frac{1}{2}$ c. butter	salt
1 egg	$1\frac{1}{2}$ c. blueberries
$\frac{3}{4}$ c. milk	
$\frac{1}{2}$ tsp. soda	
{ 1 tsp. cream of tartar or 2 tsp. baking powder	

Cream butter, add sugar, well beaten egg. Sift flour with cream of tartar and soda and salt. Add alternately with milk. Add berries. Bake in a moderate oven. Serve hot with cream or sauce.

ENGLISH PEACH PIE

(Mrs. Kenneth Cox)

1 c. flour	$\frac{1}{2}$ c. butter
1 c. brown sugar	$\frac{1}{2}$ tsp. salt
$\frac{1}{2}$ tsp. cinnamon	4—6 large fresh, peaches, peeled and sliced

Sift flour, cinnamon, salt and brown sugar together. Cut in butter. Place sliced peaches in baking dish and sprinkle flour mixture over them. Bake in moderate oven. Serve with whipped cream.

BLUEBERRY CINNAMON CAKE

(Mrs. Kenneth Cox)

2 tbsp. shortening	$\frac{1}{4}$ tsp. salt
$\frac{1}{3}$ c. sugar	$2\frac{1}{2}$ tsp. baking powder
1 egg beaten	6 tbsp. milk
$1\frac{1}{2}$ c. minus 2 tbsp. sifted cake flour	
1 tsp. cinnamon	$\frac{3}{4}$ c. washed drained blueberries

Cream shortening, add sugar and cream again. Add beaten egg. Sift dry ingredients and add alternately with milk. Spread in pan and sprinkle berries on top and press lightly into place with spoon. Serve with or without foamy sauce.

Raspberries may be used instead of blueberries.

ORANGE CHARLOTTE

(Mrs. E. A. Murray, per D. M.)

1 box gelatine	1 c. sugar
$\frac{1}{3}$ c. cold water	1 c. orange juice
$\frac{1}{3}$ c. boiling water	juice of 1 lemon
3 large sweet oranges	

Soak gelatine in cold water. Add boiling water, sugar and fruit juice. When it is dissolved strain into large bowl. Peel 2 sliced oranges and line inside of mold. When it starts to set beat until creamy. Serve with whipped cream.

ORANGE-LIME FLUFF

(Mrs. G. W. Reid)

1 Lime Lishus Jello	$\frac{1}{2}$ c. boiling water
$\frac{1}{2}$ c. sugar	juice of 1 orange
pinch of salt	juice of 1 lemon
	2 cups in all

When partly stiff, beat and add beaten whites of two eggs and $\frac{1}{2}$ c. cream, whipped. Serve with boiled custard.

COFFEE CREAM

(Miss M. Christie)

1 tbsp. Knox Gelatine	$\frac{2}{3}$ c. sugar
$\frac{1}{2}$ c. cold milk	2 eggs
$\frac{1}{2}$ c. strong coffee	pinch salt

Put gelatine to soak in milk for 5 min. Strain coffee clear. Put in double boiler milk, sugar, salt. Break yolks of eggs in cup. Do not beat, just stir. Add to other mixture. Stir until a custard forms on spoon. Do not let curdle. Beat whites stiff. Add gradually to mixture. Serve with cream.

COFFEE CREAM

(Mrs. F. S. Layton)

1 tbsp. granulated gelatine	$\frac{1}{2}$ pt. cream
$\frac{1}{4}$ c. cold water	1 c. boiled coffee (strained)
1 c. sugar	juice of 1 lemon

Soak gelatine in cold water, dissolve in hot coffee, add sugar and lemon juice. Cool slightly, do not allow mixture to thicken. Beat cream until stiff. Add the coffee mixture. Chill in refrigerator.

PARADISE PUDDING

(Miss Winnie Smith)

1 pkg. lemon jelly powder	6 macaroons
1 pt. boiling water	$\frac{1}{4}$ c. white sugar
{ 12 marshmallows	$\frac{1}{4}$ tsp. salt
cut { $\frac{1}{2}$ c. almonds	$1\frac{1}{2}$ c. cream whipped stiff
fine { 12 cherries	
small piece of preserved ginger	

When jelly sets whip well and then add other ingredients. Put in mold and let set for at least two hours.

FANCY BANQUET PUDDING

(Mrs. N. F. Nutter)

$\frac{1}{2}$ pt. cream	1 tsp. gelatine
$\frac{1}{2}$ c. milk	6 marshmallows
1 egg yolk	$\frac{1}{4}$ c. walnuts
$\frac{1}{2}$ c. sugar	vanilla

Make as custard. When cool add marshmallow and cream. Serve with chocolate sauce.

DATE CREAM

(Mrs. C. A. Annand)

1 lb. dates (stoned and cut up)	1 c. brown sugar
1 c. water	

Boil the above until soft. Cool.

1 tbsp. gelatine	dissolve over hot water
$\frac{1}{4}$ c. cold water	

Add to date mixture. Whip $\frac{1}{2}$ pt. cream, flavor with vanilla and add to dates. Chill on ice.

CARAMEL CREAM

(Mrs. Bert Hunt)

$\frac{1}{2}$ c. brown sugar	2 c. milk
1 tbsp. white sugar	$\frac{1}{2}$ c. milk to dissolve gelatine
1 tbsp. gelatine	2 eggs

Put the milk in the top of double boiler. Add caramelized sugar and dissolved gelatine. Pour slowly over the slightly beaten egg yolks. Return to double boiler and cook until somewhat thickened. Add beaten egg whites slightly. Pour in mold and chill.

TOASTED SNOW SQUARE PUDDING

(Mrs. Frank Stanfield)

1 envelope gelatin	3 egg whites unbeaten
4 tbsp. water	$\frac{1}{4}$ tsp. salt
1 c. boiling water	1 tsp. vanilla
$\frac{2}{3}$ c. granulated sugar	12 graham crackers

Dissolve gelatin in cold water and add boiling water. Add sugar and let cool. Then add egg whites, salt, and vanilla. Beat until mixture is light. Put in 9" x 9" x 2" pan and chill. To serve cut in 1" squares and roll in graham cracker crumbs. Arrange in sherbet glass and serve with butter sauce.

Butter Sauce

2 egg yolks	1 tbsp. grated lemon rind
$\frac{1}{3}$ c. granulated sugar	2 tbsp. lemon juice
$\frac{1}{3}$ c. melted butter	$\frac{1}{3}$ c. whipped cream

Beat egg yolks, adding sugar, then butter, lemon rind and juice. Fold in cream.

ORANGE CREAM DESSERT

(Miss M. Christie)

Juice and pulp of 3 oranges	1 envelope Knox Gelatin
Juice and pulp of 1 lemon	$\frac{1}{4}$ c. cold water
1 c. sugar	

Soak gelatine in cold water. Then fill cup with hot water. Pour on first mixture. When it begins to jell, whip $\frac{1}{2}$ pt. cream and add.

Refrigerator Desserts

ICE CREAM

(*Mrs. F. L. Snook*)

Cook in double boiler:

2 c. milk

1 c. sugar

2 eggs

1 tbsp. corn starch

When cool, fold in $\frac{1}{2}$ pint whipped cream. Mix well, add vanilla and fruit. Freeze about 3 hours in electric refrigerator.

EASY ICE CREAM

(*Mrs. Geo. W. Reid*)

Separate 2 eggs

Add beaten whites

Beat yolks, add 3/8 cup white sugar Add $\frac{1}{2}$ pint cream, whipped

Flavor as desired with crushed fruit, syrup or any flavoring, lessening the amount of sugar used according to the fruit or syrup. This does not need to be stirred after put in refrigerator.

UNCOOKED LEMON ICE CREAM

(*Mrs. Elwyn Carter*)

2 eggs beaten until light and
creamy
with $\frac{1}{2}$ c. sugar
 $\frac{1}{2}$ c. maple syrup

Juice and grated rind of a
lemon and a half
2 c. top milk

Turn into refrigerator tray. Set to coldest temperature. When partly frozen, remove from tray and beat thoroughly. Return to refrigerator and set temperature a little lower.

FROZEN NUT BANANA DELIGHT

(*Mrs. B. Malone, Burlington, Mass., per L. B.*)

$\frac{3}{4}$ c. mashed bananas
6 tbsp. sugar
2 tsp. lemon juice
 $\frac{1}{2}$ c. cream (whipped)

1 egg white
 $\frac{3}{4}$ tsp. vanilla
 $\frac{1}{4}$ c. nut meats

Combine mashed bananas, sugar and lemon juice. Fold in whipped cream, vanilla and nuts. Beat egg white until stiff. Fold into mixture. Place in freezing tray and freeze.

MARASCHINO ICE CREAM

(*Mrs. J. Arch Fraser*)

18 Marshmallows
 $1\frac{1}{2}$ c. milk
 $\frac{1}{4}$ c. Maraschino juice

1 c. whipping cream
Chopped cherries (small bottle)

Heat marshmallows and milk in double boiler, cool and add juice and fold in whipped cream, then add cherries and freeze in tray.

RAINBOW DELIGHT

(Mrs. Jas. Benson, per D. C.)

$\frac{1}{2}$ lb. Marshmallows (assorted colors)	1 pt. whipping cream 2 tbsp. pulverized sugar
2 c. crushed pineapple	2 tsp. vanilla

Cut marshmallows in quarters, add pineapple and stir well. Let stand over night. Add vanilla, pulverized sugar; fold in whipped cream. Pour in freezing tray and allow to freeze partly. Let sit until ready to serve. This serves 10 or 12 and can be used for salad or dessert.

MAPLE ICE CREAM

(Mrs. Elwyn Carter)

Boil $\frac{2}{3}$ c. maple syrup until it spins a thread. Pour slowly over the well beaten yolks of 2 eggs, beating all the while. Place bowl over hot water and stir five minutes longer. Cool. Add beaten whites of 2 eggs and $\frac{1}{2}$ pt. cream (whipped, not too stiffly). Pour into refrigerator tray. Stir once during the process of freezing.

CHOCOLATE ICE CREAM

(Mrs. Geo. Wilson)

$\frac{3}{4}$ c. sugar 2 tbsp. cocoa	1/16 tsp. salt $\frac{1}{3}$ c. hot water
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Mix and heat the above until sugar is melted. Cool and add 1 pt. of coffee cream. Freeze until very stiff—remove from tray. Cut up and beat until creamy. Add 2 tsp. vanilla. Freeze again, remove from tray; stir and add $\frac{1}{2}$ c. whipped cream. Return to refrigerator and freeze again.

CHOCOLATE ICE CHEST PUDDING

(Mrs. G. R. Smith)

Melt 3 squares of chocolate and $\frac{3}{4}$ c. sugar, 3 tbsp. water in saucepan. Add 4 beaten egg yolks; stir until thick; cool a little; add 4 stiffly beaten egg whites. Line bread tin with waxed paper. Have 1 $\frac{1}{2}$ doz. lady fingers split (white cake, preferably hot milk or sponge cake may be substituted for the lady fingers). Put layer in bottom of tin, pour on chocolate mixture, add another layer of each and continue until all is used. Put in ice chest to cool and allow to set over night. Turn out on plate and cover with sweetened whipped cream.

MINT FREEZE

(Mrs. Frank Wellard)

3 egg whites 1 $\frac{1}{2}$ tbsp. lemon juice	$\frac{1}{2}$ c. mint jelly $\frac{1}{2}$ pint cream, whipped (not too stiff)
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Beat egg whites. Add mint jelly gradually, then lemon juice. Fold in whipped cream. Chill. Serve with chocolate sauce if desired.

APRICOT FREEZE*(Mrs. Leonard Rafuse)*

2 eggs, beaten	5 min.	Salt
$\frac{1}{2}$ c. sugar		Vanilla
$\frac{1}{2}$ c. milk		Almond

Add syrup from one No. 2 $\frac{1}{2}$ can apricots, about 1 $\frac{3}{4}$ c. Freeze until mushy. Beat until smooth. Fold in apricots which have been put through sieve and $\frac{1}{2}$ c. cream whipped. Freeze, stir every 30 min.

LEMON CREAM SHERBET*(Miss Mary Whidden)*

1 pint milk	2 egg whites
1 c. sugar	2 tbsp. sugar
Grated rind 1 lemon	$\frac{1}{2}$ pint cream
Juice 2 lemons	

Add sugar to milk and allow to dissolve. When thoroughly dissolved, add lemon rind and juice. Stir while adding juice. Turn into freezer and freeze 1 hour. Beat egg whites. Add 2 tbsp. sugar. Whip cream to thick consistency. Combine with beaten egg whites. Add frozen mixture and mix lightly. Return to freezing unit and freeze 2-2 $\frac{1}{2}$ hours. Requires no stirring.

PEANUT BRITTLE MOUSSE*(Mrs. F. M. Blois)*

$\frac{1}{2}$ lb. Peanut Brittle	1 pint cream
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Put brittle through meat chopper, or roll with rolling pin. Add to whipped cream. Freeze at coldest degree. This must be used the day it is made.

BUTTER CRUNCH MOUSSE*(Mrs. Jas. Archibald)*

$\frac{1}{2}$ c. brown sugar	6 tbsp. water
2 tbsp. butter	1 c. cream, whipped
1 egg yolk	Few grains salt
1 whole egg	1 tbsp. lemon juice
2 tbsp. rich milk	

Bring sugar, butter and water to a boil. Beat whole egg and yolk. Pour cooked mixture on this, stirring constantly. Add salt and milk. Cook 5 minutes. Cool. Add lemon juice; fold in whipped cream. Freeze. Serves 6

MAPLE PARFAIT*(Mrs. E. D. Vernon)*

Scald 1 $\frac{1}{2}$ c. maple syrup in double boiler. Stir in three beaten eggs. Stir until mixture thickens. Remove from heat and add 1 tsp. gelatin soaked in $\frac{1}{4}$ c. cold water. Cool. When cold, add to 1 pint stiffly whipped cream. Freeze until hard in refrigerator trays.

STRAWBERRY MOUSSE

(Mrs. Frank Wellard)

$\frac{1}{3}$ c. crushed strawberries	1 tsp. gelatin
$\frac{3}{4}$ c. sugar	1 tsp. cold water
2 tsp. lemon juice	1 c. cream

Mash strawberries and force through sieve. Add lemon juice and sugar, and stir until sugar is dissolved. Soften gelatin in cold water and dissolve over boiling water. Add gelatin to strawberry mixture. Chill. Fold in cream.

Sauces

ICE CREAM SAUCE

(Mrs. F. S. Layton)

$\frac{1}{4}$ lb. butter	$\frac{1}{2}$ pt. heavy cream
1 lb. brown sugar	

Put the three ingredients in the top of a double boiler, and cook over hot water for 1 hour, stirring occasionally.

HOT CHOCOLATE DESSERT SAUCE

(Mrs. C. K. Munro)

$1\frac{1}{2}$ c. evaporated milk	salt
2 sq. unsweetened chocolate	$\frac{1}{2}$ tsp. vanilla

Scald milk with chocolate in double boiler. Beat with egg beater till smooth and blended. Continue till thickened. Remove from heat and beat again just before serving.

CHOCOLATE SAUCE

(Mrs. N. F. Nutter)

1 c. brown sugar	butter size of egg
$\frac{1}{2}$ c. milk	2 tbsp. cocoa

Mix sugar and cocoa. Stir in milk. Add butter. Boil until thick.

HOT FUDGE SAUCE

(Mrs. Kenneth Cox)

1 square chocolate	1 c. sugar
1 tbsp. butter	2 tbsp. corn syrup
$\frac{1}{3}$ c. boiling water	1 tsp. vanilla

 $\frac{1}{4}$ tsp. salt

Melt chocolate, add butter and blend. Add boiling water very slowly, bring to a boil. Add sugar and corn syrup and boil five minutes. Cool, add vanilla and salt. Serve hot or cold.

HARD SAUCE*(Mrs. Dora Wellard, per H. MacD.)*

4 tbsp. butter	1 egg white
1 c. fine granulated or fruit sugar, or mixture of white and brown sugar	few drops vanilla $\frac{1}{2}$ tsp. lemon or orange extract

Beat egg white till stiff. Cream butter and sugar till very light and fluffy. Add beaten egg white a little at a time, beating constantly; then add flavorings. Prepare at least an hour before using and chill.

BUTTERSCOTCH SAUCE*(Mrs. K. M. Lewis, per D. M. R.)*

1 egg yolk	$\frac{2}{3}$ c. brown sugar
5 tbsp. butter	$\frac{1}{3}$ c. Corn Syrup
4 tbsp. water	

Beat egg yolk slightly. Add other ingredients and cook in double boiler, stirring until thick. Beat thoroughly before using.

MOLASSES PUDDING SAUCE*(Mrs. E. G. Moxon)*

1 c. molasses	salt, vanilla, and vinegar to taste
$\frac{1}{2}$ c. sugar	
butter size of an egg	boiling water to make thick
2 tbsp. cornstarch mixed with cold water	sauce

Blend together molasses, sugar, and vinegar, salt, vanilla in double boiler. Add cornstarch and butter. Mix to make a smooth paste. When very hot add boiling water to make desired consistency. This is very good with apple dumpling, blueberry dumpling or hot gingerbread.

GLASGOW SAUCE*(Miss M. A. Beresford)*

slice two small apples and put in pan with half pint cold water
simmer gently for half an hour. Place a hair sieve upside
down and rub the mixture through with wooden spoon. Put one
ounce and half ounce flour in pan over gentle fire, mix together, and
add by degrees the pulp; boil five minutes, stirring carefully. Sweeten to
taste and serve very hot with any steamed pudding or baked batter.

LEMON SAUCE*(Mrs. E. G. Moxon)*

5 level tbsp. flour	1 egg
1 c. sugar	little butter
pinch salt	
juice and rind 1 lemon	$\frac{2}{3}$ c. water

Cook in double boiler until thick. To use when cold—mix with whipped cream to taste.

UNCOOKED PUDDING SAUCE

(Mrs. G. W. Reid)

Beat 2 eggs, add 1 cup sugar, $\frac{1}{2}$ tsp. vanilla. Brown sugar may be used.

ORANGE SAUCE

$\frac{1}{2}$ c sugar	1 c boiling water
1 tbsp corn starch	2 tbsp butter
$1\frac{1}{2}$ tbsp lemon juice	juice of 1 orange
f. g. nutmeg	salt

Mix sugar and corn starch, add water gradually, stirring constantly. Boil 5 minutes. Remove from heat and add butter, fruit juices, nutmeg and salt.

Fish

“Weary seems the street parade;
And weary books, and weary trade;
I’m only wishing to go a-fishing
For this the month of May was made.—*Henry Van Dyke*

FISH CHOWDER

(Mrs. Walter Snook)

$\frac{1}{2}$ lb. fresh Halibut	1 pint milk
1 large potato	1 tbsp. flour
1 onion	2 tbsp. butter

Dice potatoes, fish and onion. Put in enamel kettle. Boil slowly in small amount of water until done. Add butter, milk with flour to thicken slightly. Season to taste.

FISH CHOWDER

(Mrs. J. Gaskill) per D. C.

$\frac{1}{4}$ lb. salt fat port	1 can evaporated milk
1 onion	Salt
6 medium sized potatoes	4 or 5 crackers
1 $\frac{1}{2}$ lb. fresh fillets of haddock	

Slice pork in an aluminum pot, add onion and let cook in fat while preparing fish and potatoes. Slice potatoes and add with enough water to cover. Let cook until soft and add fillets. About 15 minutes before serving, add more water if necessary. Add evaporated milk, salt. Heat but do not boil. Add crackers just before serving.

TURBANS OF FISH

(Miss Helen J. Macdougall)

Clean fish and cut in slices an inch thick. Place a mound of dressing on each slice, place slices in greased pan. Bake 15-20 minutes in a hot oven; baste with melted fat and water. For dressing see that given for poultry.

SCALLOPED OYSTERS OR CLAMS*(Mrs. Bert Hunt)*

1 pt. oysters	$\frac{1}{2}$ c. melted butter
4 tbsp. oyster liquor	1 c. cracker crumbs
4 tbsp. milk or cream	Salt and pepper
$\frac{1}{2}$ c. bread crumbs	

Brown the crumbs slightly and mix with melted butter. Sprinkle a thin layer of crumbs on the bottom of baking dish, cover with oysters, sprinkle with salt and pepper, add half of oyster liquor and half of milk. Repeat and cover the top with remainder of crumbs. Bake 30 minutes in a medium oven.

HALIBUT LOAF*(Mrs. Frank Lewis)*

2 c. Halibut—raw	1 c. milk
2 eggs—well beaten	1 small piece butter
4 soda crackers	Salt and pepper

Mix well, first shredding the fish in small pieces and rolling the crackers fine. Steam one hour in a well-greased mold. Serve with Hollandaise sauce, or a can of tomato soup heated without adding water makes an excellent sauce.

FISH SHAPE*(Mrs. Frank Archibald)*

1 $\frac{1}{2}$ lbs. boiled Haddock chopped	$\frac{1}{2}$ lemon
$\frac{1}{2}$ c. milk	1 oz. bread crumbs
2 eggs	1 tbsp. butter

Put bread crumbs and butter into a basin, heat the milk and pour over the bread crumbs. Add fish and mix. Beat the yolks of eggs and add them, then lemon juice, salt and pepper. Whip the whites of eggs until stiff and add very slowly. Butter a basin, put in fish, etc. Steam for 1 $\frac{1}{2}$ hours gently. Serve with parsley sauce poured over, or white sauce.

STEAMED SALMON LOAF*(Mrs. J. Arch Fraser)*

$\frac{1}{2}$ lb. can salmon, drained and free from bones	1 c. peas
1 egg	4 soda biscuits
1 c. milk	Salt and pepper

Beat well together, put in mould and steam one hour. Serve as a salad.

STEAMED SALMON LOAF*(Mrs. H. W. Murdock)*

1 can salmon	2 tbsp. melted butter
1 c. bread crumbs	Pepper and salt
2 beaten eggs	

Put in buttered mould and steam 1 hour. Cool before removing from mould.

SALMON LOAF*(Mrs. N. F. Nutter)*

2 eggs	$\frac{1}{4}$ c. vinegar
1 tbsp. sugar	1½ tsp. gelatine
1 tsp. mustard	$\frac{1}{4}$ c. cold water
$\frac{3}{4}$ c. cream or milk	1 lb. tin salmon

Mix egg, sugar, salt, mustard. Blend in liquid. Then add very slowly vinegar. Cook in double boiler until thick. Soak gelatine. Add to hot mixture. Stir until dissolved. Add salmon to other mixture. Boil two eggs and slice in bottom of pan.

Jams and Jellies

“While he forth from the closet brought a heap
Of candied apple, quince and plum and gourd;
With jellies soother than the creamy curd,
And lucent syrups, tinct with cinnamon.”—Keats

TO TEST FRUIT JUICE FOR JELLY-MAKING PROPERTIES

1. Add 1 tsp. alcohol to 1 tsp. fruit juice. If there is a heavy precipitate, use 1 c. sugar to 1 c. fruit juice. If lighter, use $\frac{3}{4}$ c. sugar. When little is formed, juice will not make jelly.

2. Instead of alcohol, Epsom salts may be used. Dissolve 1 tsp. sugar and $\frac{1}{2}$ tsp. Epsom salts in 1 tsp. juice. Let stand 20 min.

TO TEST WHEN JELLY IS DONE

When 2 drops form at the same time, side by side, on the edge of the spoon, the jelly is done. The temperature should be 215°—221°F.

GRAPE JELLY*(Mrs. Harry Hills)*

Pick over, wash and remove stems from 1 small basket purple grapes. Cut 8 green apples in quarters and put in preserving kettle with grapes; add just enough water to prevent burning. Boil until fruit is soft. Hang over night in a jelly bag. Measure juice and boil 5 minutes. Add $\frac{2}{3}$ as much sugar as juice and stir until sugar is dissolved. Boil rapidly until jelly stage is reached (see above). Skim, fill glasses, cool and seal.

MARMALADE*(Miss M. Harris)*

1 large ripe grapefruit	2 large ripe oranges
1 lemon	

Slice all fruit thinly. Add 11 cups cold water. Let stand over night. In morning, boil for 1 hour. Let stand a day. Measure. Bring to boil and add equal quantity of sugar. Boil briskly. Test as for jelly.

QUICK MARMALADE*(Mrs. Harry Hills)*

3 oranges	9 c. water
2 lemons	9 c. sugar
1 grapefruit	

Put fruit through chopper. Add water. Boil 1 hour with the cover on. Remove cover and boil 15 min. Add sugar and boil till it jells, usually about half an hour.

GRAPEFRUIT MARMALADE*(Mrs. D. A. Sandilands)*

1 grapefruit	1 qt. water	2 lbs. sugar
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Cut grapefruit and let stand in water for 24 hrs. Add sugar and boil for 20 mins.

MIXED FRUIT MARMALADE*(Mrs. W. J. Bird)*

6 peaches	3 oranges
6 apples	2 lemons
6 pears	

Peel and chop peaches, apples, and pears roughly. Skin oranges and lemons. Slice the rind very thin and cut up the pulp. Mix all together and add 1 cup sugar to each cup of fruit and let stand overnight. Simmer until thick enough to hold together. To hasten the thickening a half cup Certo may be added after coming to a full boil. Pour in glasses and seal as with any marmalade.

RHUBARB MARMALADE*(Mrs. D. A. Sandilands)*

3 lbs. rhubarb	2 lemons
2 large oranges	

Cut rhubarb up at night. Slice oranges and lemons in very thin slices and put on 3 cups water and let stand over night. In morning put mixture with same weight of sugar (pound for pound) to boil until soft and thick.

GINGERED APPLE MARMALADE*(Mrs. Dora Wellard, per H. MacD.)*

5 oz. root ginger	5 lbs. tart apples (gravensteins)
1 pt. water	5 lbs. sugar
3 lemons	

Let ginger simmer in the water for three hours, adding more water when necessary to keep it to one pint. Remove ginger and add to the water the grated rind and juice of the three lemons. Add also the sugar and boil syrup for about 10 mins. before adding apples cut in medium size pieces. Cook until tender and clear. Pour into sterilized glasses.

PINEAPPLE AND RHUBARB MARMALADE*(Miss Millie Yuill)*

3 lbs. rhubarb	1 $\frac{1}{2}$ lbs. sugar
2 cans sliced pineapple	

Make a syrup of sugar and pineapple juice. Add cut up pineapple and rhubarb washed and cut. Cook until rhubarb is tender—about 15 mins. Put into air tight sterilized bottles and seal while hot.

APRICOT MARMALADE*(Mrs. F. S. Layton)*

1 lb. dried apricots	1 small bottle red cherries
1 can crushed pineapple (large)	5 cups white sugar

Soak apricots overnight in enough water to cover them. In morning boil until soft. Then add pineapple, sugar and cherries, bring to the boiling point. Remove from heat and turn into glasses.

ORANGE AND PINEAPPLE MARMALADE*(Mrs. H. A. Dickson)*

3 oranges	6 apples
2 lemons	1 can pineapple

Put through food chopper, add an equal quantity of sugar and simmer for twenty minutes.

CARROT MARMALADE*(Miss D. Murray)*

3 lbs. carrots	6 cups sugar	5 large lemons
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Wash and scrape the carrots. Dice them and cook in boiling water until tender—let water cook down as much as possible. Drain, saving the liquor which should not be more than $\frac{1}{2}$ to 1 c. Pare thinly the yellow rind from lemons and put it and carrots through food chopper. To this mixture, add carrot liquor, the sugar and juice of lemons. Cook, stirring frequently, until mixture is consistency of any marmalade—about 45 minutes. Pour in sterilized glasses and cover with parafine when cool.

PEACH CONSERVE*(Mrs. Ira Hayman, per L. B.)*

3 lbs. peaches	1 can crushed pineapple
3 lbs. pears	1 bottle cherries (small)
3 oranges	6 lbs. sugar
3 apples	

Peel the peaches, apples and oranges. Put peaches, pears, apples and oranges also orange rind thru chopper. Add sugar and juice of cherries. Boil until consistency of marmalade. Remove from stove and add cut up cherries.

PEAR MARMALADE*(Miss Millie Yuill)*4 lbs. pears
3 lbs. sugar2 oranges
Juice 2 lemons

Chip the pears. Add sugar with 1 cup water. Boil until clear. Add oranges which have been put through chopper, and lemon juice. Cook until it thickens.

GOOSEBERRY CONSERVE*(Mrs. D. A. Sandilands)*

To each quart of crushed ripe gooseberries add 3 cups of sugar, and grated rind and pulp of one large orange and one half lemon. Bring to a boil and let simmer. Stir often, until practically no juice remains. Add 1 cup chopped nuts. Seal in small jars.

RHUBARB CONSERVE*(Mrs. L. C. McCurdy)*4 lbs. rhubarb (chopped) Juice and rind of 2 oranges
5 lbs. white sugar Juice and rind of 1 lemon
1 lb. raisins

Mix. Allow to stand 30 min. Simmer slowly 45 mins.

PEACH CONSERVE*(Miss Mary Whidden)*8 lbs. peaches (peeled and cut) 4 oranges
6 lbs. sugar 1 large bottle cherries (cut)

Put on back of stove on low heat until sugar is dissolved. Boil for 45 minutes. Put in jars.

PEACH AND TOMATO CONSERVE*(Mrs. G. R. Smith)*2 lbs. Tomatoes (fairly ripe) 4 lbs. Peaches (not too ripe.
6 lbs. Sugar some quite green)

Remove skins from tomatoes and peaches. Cut in fair sized chunks. Cook over slow heat about 2 hours. This makes 9 medium sized mayonnaise jars.

HEAVENLY JAM*(Miss D. Murray)*

1 basket of Concord Grapes

Remove skins and cook pulp without water until it can be put through sieve to remove seeds. Put skins through chopper.

Three oranges—skins and all through chopper.

One package small raisins—through chopper

$\frac{1}{4}$ lb. shelled walnuts—through chopper 4 lbs. Sugar

Cook all together 20 minutes. Put in hot jars and seal with parafine.

CHERRY CONSERVE*(Miss D. Murray)*

5 qts. cherries	1½ lbs. seeded raisins
4 lbs. granulated sugar	4 oranges (ground)
Boil $\frac{1}{2}$ hr. Set in sun for few days. Add nuts when serving.	

WINTER CONSERVE*(Mrs. Frances Casson)*

1 lb. dried apricots or peaches	$\frac{1}{2}$ lb. bulk raisins (well washed)
1 orange and 1 lemon	
Put above through food chopper and add	
6 cups sugar	7 cups water
Let stand over night and boil in morning until tender.	

CRANBERRY CONSERVE*(Mrs. F. L. Snook)*

1 qt. cranberries	4 apples
2 oranges	3½ cups sugar
Put all through chopper, add sugar and serve.	

CRANBERRY JELLY*(Mrs. Bert Hunt)*

1 qt. cranberries	2 cups water	2 cups sugar
Boil well. Then add sugar and let simmer. Strain.		

TOMATO AND APPLE PRESERVE*(Mrs. H. A. Baker, per L. B.)*

$\frac{1}{2}$ peck green tomatoes	1 oz. whole cloves
$\frac{1}{2}$ peck apples	

Slice tomatoes and sprinkle $\frac{1}{4}$ c. sugar over them. Let stand over night. In morning drain off any liquid. Peel, core and quarter apples. Make a syrup of sugar and water using a pound of sugar for each pound of fruit. Boil syrup 5 min. Add fruits and whole cloves and cook until tomatoes are tender.

MELON JAM*(Miss M. A. Beresford)*

To every one-and-a-half pounds melon add one pound sugar, the juice and rind (cut finely) of one lemon, one large cup of water to every three pounds of melon. Open melon, take out all seeds, then pare thickly, removing all hard pieces, cut up finely, put all ingredients into pan together. When it comes to boil let it boil quickly for one hour, keeping it well stirred. This is a delicious preserve, and will keep for any length of time.

BLACKBERRY JAM*(Mrs. C. K. Munro)*

Put well washed berries in kettle and cook over moderate heat till soft. As they get hot the juice will come, then mash through strainer. To each cup of strained berries add $\frac{1}{2}$ c. sugar. Return to heat and boil 25 minutes. Remove scum and stir frequently. Pour in sterilized glasses. Wax.

OLD FASHIONED PUMPKIN PRESERVE*(Mrs. F. L. Snook)*

Procure a large ripe pumpkin. Cup up, removing soft centre and skin. Cut into cubes about $1\frac{1}{2}$ in. Place in colander and pour boiling water over it. Measure equal weight of sugar, and put into kettle a layer of fruit and layer of sugar until all is used. Let stand at least 24 hrs. (The fruit will shrink to much smaller pieces). Bring slowly to the boil, and when half cooked add about 6 oranges quartered and seeded, also rind of one orange cut finely as for marmalade. If the pumpkin is a small one, fewer oranges will be necessary. Cook slowly for several hours. It should be amber-colored when done. Bottle boiling hot and seal.

Meats

“This dish of meat is too good for any but anglers or very honest men.”—*Isaac Walton*

BRAISED TONGUE*(Mrs. F. M. Blois)*

A fresh tongue is necessary for braising. Put in kettle, cover with boiling water and cook slowly two hours. Take from water, remove skin and roots. Place in deep pan and surround with $\frac{1}{3}$ c. each carrot, onion and celery cut in dice. Then pour over 4 c. sauce. Cover closely and bake two hours, turning after the first hour.

SAUCE FOR TONGUE

Brown $\frac{1}{4}$ c. butter, add $\frac{1}{4}$ c. flour and stir together until well browned. Add gradually 4 c. water in which tongue was cooked. Season with salt and pepper and 1 tsp. Worcestershire sauce.

BAKED HAM*(Miss Eileen Hallisey)*

Rub well into a thick slice of ham, a mixture of 3 tbsp. brown sugar, 1 tbsp. mustard and 1 tbsp. flour. Pour over it, $1\frac{1}{2}$ c. water and $\frac{1}{2}$ c. vinegar, and baste until baked. When done, add a small amount of flour to a little cold milk, mix well, then add a cup or more of milk and pour over ham. Let stand a few minutes and serve.

SAVORY BAKED HAM*(Mrs. F. M. Blois)*

10 to 12 lbs. Ham	$1\frac{1}{4}$ c. vinegar
1 tbsp. whole cloves	1 c. granulated sugar
1 stick cinnamon	

Cover ham with boiling water. Toss in the cloves and cinnamon. Add 1 c. vinegar and the granulated sugar. Simmer gently for $3\frac{1}{4}$ hours. Turn off heat and let ham remain in hot liquor for four hours. Trim off the top skin and pat in a mixture made by blending 1 c. brown sugar and 4 tsp. dry mustard. Bake in oven with $\frac{1}{4}$ c. vinegar and $\frac{3}{4}$ c. water for 1 hr. Don't baste until ham is brown.

Pour over sauce made as follows:

1 tsp. dry mustard	2 tbsp. vinegar
$\frac{1}{4}$ tsp. powdered cloves	1 jar apple jelly
$\frac{1}{4}$ tsp. powdered cinnamon	

Heat over slow heat until jelly is melted. Slice ham and serve with 1 tbsp. sauce.

BAKED HAM SLICE*(Mrs. E. D. Vernon)*

1 slice ham about 1 inch thick. Pour over this $\frac{1}{2}$ c. molasses, $\frac{1}{2}$ c. vinegar and 1 cup boiling water. Bake $\frac{3}{4}$ hr. in brisk oven basting two or three times.

BAKED HAM*(Mrs. Dexter McCurdy)*

2 or 3 lbs. ham. Soak over night in milk. Cut off rind. Rub in tbsp. brown sugar and flour. Stick with cloves. Put in well covered pan with $\frac{1}{2}$ c. milk and cook two hours slowly.

STUFFED HAM*(Mrs. Lloyd Black)*

2 slices ham	$\frac{1}{2}$ tsp. sage
2 tbsp. flour	$\frac{1}{4}$ c. chopped walnuts
2 c. dry bread crumbs	2 tbsp. chopped olives
$\frac{3}{4}$ c. hot water	$\frac{1}{2}$ c. milk
Salt to taste	1 egg
$\frac{1}{4}$ tsp. pepper	Extra $\frac{1}{2}$ c. water

Have ham cut about $\frac{1}{4}$ " thick as for frying. Make stuffing by moistening bread crumbs with hot water and add egg, seasonings, nuts and olives. Rub flour over one side of each slice of ham. Turn, and on the other side of each spread the stuffing generously. Roll up and skewer with toothpicks. Place in a baking dish with milk and water and bake 1 hr. at 400°, basting frequently. Make gravy of the juices in the pan and serve with hot apple sauce. Serves 6.

JELLIED HAM LOAF*(Mrs. Frank Lewis)*

1½ tbsp. gelatine	1 canned pimento, finely
½ c. cold water	chopped
1 c. hot chicken stock	2 or 3 c. ground cooked ham
2 tbsp. lemon juice	½ c. mayonnaise
1 tsp. Worcestershire sauce	2 hard cooked eggs—sliced
½ tsp. grated onion	3 gherkins—sliced

Soak the gelatine in cold water. Dissolve soaked gelatine in hot stock. Add lemon juice. In bottom of form in which the loaf is to be molded, put a layer of stock in which the gelatine is dissolved one-eighth of an inch thick. Let become firm. When gelatine in the mold is firm, arrange sliced egg and gherkins to make a design. To remaining liquid stock, add Worcestershire, onion, pimento, ground ham and mayonnaise. Mix well and put into the form on top of the design. Set in refrigerator to become firm. When ready to serve, unmold on crisp lettuce or water cress. Serve as a cold entree or salad.

MEAT LOAF*(Mrs. Lloyd Black)*

1½ lbs. raw steak	put through	Butter size of an egg—melted
½ lb. lean pork	chopper	Wee bit of chopped onion
1 c. cracker crumbs		Salt and pepper
1 egg		

Put about $\frac{1}{4}$ crumbs in with the meat. Roll in loaf and then in cracker crumbs left. Put in pan and pour over 1 can tomato soup with some water added. Bake and keep basting.

PLANKED STEAK*(Mrs. Walter Snook)*

Have steak not less than 2 inches thick. Arrange on oak plank. Place in oven close under upper element. Sear and turn. Cook until desired degree is reached. (Plank must have groove, cut around edge to hold juices). Have platter hot. Garnish with onions. Spread with butter and season to taste.

CANNELON OF BEEF*(Miss M. A. Beresford)*

½ lb. cooked meat	½ lb. breadcrumbs
1 oz. suet or meat fat	¼ tsp. herbs
Pepper and salt	1 tsp. ketchup or Yorkshire
2 tbsp. gravy	relish
1 egg	¼ tsp. nutmeg

Mince meat and suet finely, add all dry ingredients. Mix into firm paste with gravy, relish and egg, and shape mixture into a roll. Brush with egg, coat thickly with browned crumbs, lay on greased tin with some pieces of butter on top of roll. Bake in moderate oven for half an hour. Serve with brown or tomato sauce.

BEEFSTEAK KIDNEY PIE

(Mrs. Frank Wellard)

2 tbsp. butter	1 beef kidney
$\frac{1}{2}$ c. chopped onion	1 tsp. salt, f. g. pepper
2 lbs. round steak, sliced $\frac{1}{2}$ thick,	2 tbsp. flour
	1 tbsp. Worcestershire sauce

Cook onion in butter 5 min. Cut meat in pieces 1'x2", roll up each piece and place it on the onions. Add sliced kidney, salt, pepper and water to barely cover meat. Cover and cook slowly $2\frac{1}{2}$ to 3 hours. Remove meat to 8 inch casserole. Mix flour to paste with a little cold water, add to stock and cook until it thickens. Add Worcestershire sauce, pour over meat and cool. Cover with puff paste.

Puff Paste

Cut 3/8 c. butter into $1\frac{1}{2}$ c. sifted flour. Add $\frac{1}{2}$ tsp. lemon juice and about $\frac{1}{2}$ c. cold water. Turn on to floured board, roll out 1 inch thick and spread with 3/8 c. butter (additional). Fold pastry in three and roll again, fold and repeat twice (roll out 4 times in all). Chill thoroughly. Roll out $\frac{1}{2}$ inch thick, cut to fit top of dish. Bake in very hot oven (450°) about 5 minutes or until puffed. Reduce heat to moderate (350°) and continue baking until crust is done or about 30 minutes. Serves 5.

LIVER AND BACON CASSEROLE

(Mrs. G. M. Bigelow)

1 lb. sliced beef liver	4 carrots (sliced lengthwise)
3 c. cold water	3 tbsp. flour
1 onion	Pepper and salt
6 slices bacon	

Arrange in casserole liver, bacon, carrots and onions in layers. Add flour to water and pour over all. Add pepper and salt. Bake in moderate oven 2 hours.

STEAK AND ONION PIE

(Mrs. H. B. Goodspeed)

1 c. onion sliced	$\frac{1}{4}$ c. flour
$\frac{1}{4}$ c. fat	Salt and pepper to taste
1 lb. round steak cut in small pieces	$2\frac{1}{2}$ c. boiling water
	2 raw potatoes diced coarsely

Cook onions slowly in fat till light brown. Remove from fat. Roll meat in flour and seasonings and brown in fat. Add boiling water, cover and simmer until meat is tender about one hour. Add potatoes and cook 10 minutes longer. Pour meat in 8 inch casserole lay cooked onions on top, fit pastry on top. Bake in hot oven (400°) 25 to 30 minutes. Serves 6.

Crust

1 $\frac{1}{4}$ c. all purpose flour	7 tbsp. lard or other shortening
$\frac{1}{2}$ tsp. salt	3 tbsp. water (about)

Roll into circle about $\frac{1}{2}$ in. thick and cut holes for steam to escape, put on top of meat and press down as closely as you can.

FRIED CHICKEN*(Mrs. Hugh R. Peel)*

Have chicken cut for frying. Roll each piece in flour. Melt 3 tbsp. butter in a large frying pan and when hot, place pieces of chicken close together in pan and sprinkle with salt and pepper. Cook on each side long enough to brown nicely. Repeat until all of chicken has been fried. Then put pieces in a roasting pan and pour the fat from the frying pan over them. Cover and cook for 1 hour in a slow oven. This makes the chicken very tender and improves the flavour.

CURRIED CHICKEN*(Mrs. G. T. Purdy)*

2 c. canned or cooked chicken	3 tsp. curry powder
cut in small pieces	1½ c. milk
2 small onions minced	Salt and pepper
3 tbsp. fat	3 hard cooked eggs
3 tbsp. flour	

Fry onions but not brown. Add flour and curry, and cook 2 minutes. Stir in milk. Blend well. Add eggs cut up. Season. Add chicken. Cook 10 minutes. Serve in bed of rice or noodles. Delicious.

LEFT OVER MEAT AND VEGETABLE LOAF*(Miss Mary Whidden)*

3 c. left over meat	1 c. carrots
1 c. celery	¼ tsp. red pepper
1 c. raw onion	1 tsp. pepper
1 c. potatoes	2 tsp. salt
2 eggs	1 c. milk

Put meat and vegetables through chopper. Add milk and eggs, and mix well. Pack in loaf pan and bake one hour 350°. Serve with tomato or mushroom sauce.

CASSEROLE OF BEEF AND RICE*(Miss Helen J. Macdougall)*

1 cup tomatoes	½ cup raw rice
2 tsp. salt	1 small onion
1 tsp. pepper	½ lb. lean raw meat
2 tbsp. fat	1 c. water

Fry onion and rice in one-half of the fat. When nicely browned turn into a baking dish. Cut meat into pieces and brown in remainder of fat. Put in baking dish with rice, add water, tomatoes, salt and pepper. Cover and cook 1½ to 2 hours or until rice and meat are tender.

TRUSSING FOWL OR CHICKEN

(Miss Helen J. Macdougall)

To Clean

Remove hair and down by holding the bird over a flame from burning paper and turning to expose all parts. Draw out the pin feathers, using a small pointed knife. Make an incision in the skin below the breast bone just large enough to admit the hand. Press hand well up against the breast bone and ribs to loosen entrails, then remove them with the gizzard, heart and liver. Great care must be taken not to break the gall bladder and also that all of the lungs and kidneys are removed. From the neck, by introducing two fingers under the skin, remove the windpipe and the crop. Wash the bird thoroughly by allowing cold water to run through it. Do not allow the bird to soak in cold water.

To Truss Fowl or Chicken

Draw thigh close to the body, and insert a skewer through the fleshy part. Tie tips of drum sticks together and fasten securely to the tail. Place wings close to body, folding tips of wings underneath, fasten with a skewer. Draw neck skin back and fasten with a small skewer. Turn chicken over on its breast, cross string tied to tail piece, draw round each end of lower skewer, again cross string and draw around ends of upper skewer. Bring ends together and tie securely. When fowl is cooked remove skewers and the string comes off easily.

Dressing

1 qt. bread crumbs	$\frac{1}{4}$ tsp. pepper
1 tsp. salt	1 tbsp. chopped onion
$\frac{1}{4}$ c. melted fat	seasoning
Water or stock to moisten	

Mix ingredients in order given. Stale bread is best to use. Crusts may be soaked in cold water, squeezed dry and mixed with the dry bread bread crumbs. Put by spoonfuls into neck of bird until nicely filled. Place remainder of stuffing in the body. Fasten with a small skewer or sew with strong thread. Remove skewer and thread before serving.

LEFT-OVER DISHES

HAM TOAST

(Mrs. E. D. Vernon)

3 eggs	dash of pepper
$\frac{1}{2}$ c. milk	1 tbsp. butter
pinch of salt	

Mix in double boiler. When creaming add 1 cup cold ham put through meat chopper. Serve on toast. This is enough for three.

CANNELON OF BEEF*(Mrs. E. D. Vernon)*

2 c. cold meat (any kind)	1 tsp. salt
put through chopper	1 tsp. sugar
$\frac{1}{2}$ can tomatoes	dash of pepper
Stir all together. Bake in fairly hot oven for $\frac{1}{2}$ or $\frac{3}{4}$ hr. Serves 4.	

SCALLOPED VEAL IN TOMATO*(Mrs. E. D. Vernon)*

Cut in small pieces 2 cups cold veal or lamb. Fry lightly 1 onion in 2 tbsp. fat. Stir meat and onion into 1 can tomato soup diluted with $\frac{1}{2}$ can water. Add 1 tsp. salt and a dash of pepper. Bake 3 hrs. in medium oven. Serves 4.

VEGETABLE SCALLOP*(Mrs. F. S. Layton)*

1 c. diced carrots (cooked)	2 tbsp. butter
2 c. cooked diced potatoes	$1\frac{1}{2}$ tbsp. flour
$\frac{1}{2}$ c. cooked string beans	1 c. milk
1 or 2 hard boiled eggs	pinch of salt
1 or 2 tsp. fresh parsley	

Make a white sauce of the flour, butter and milk, adding to chopped boiled eggs and chopped parsley. Bake 20 min. in a hot oven. Add buttered bread crumbs and brown. Any left over vegetables may be added.

LAMB SCALLOP*(Miss Millie Yuill)*

Put into a buttered scallop dish $1\frac{1}{2}$ c. finely chopped cooked lamb. Cover with 1 c. boiled macaroni well seasoned. Add $1\frac{1}{2}$ c. milk, 2 eggs slightly beaten. Bake slowly until firm and slightly brown.

COTTAGE PIE*(Miss M. A. Beresford)*

Slice one onion and fry till tender. Cut any cold meat into small pieces, season with salt and pepper, onion, 1 tsp. Yorkshire relish. Put in pie dish, add a little water, cover smoothly with mashed potatoes. Put a few bits of butter on top and brown in moderate oven for half an hour.

Meat and Fish Sauces

MEAT AND FISH SAUCES

“The sauce to meat is ceremony,
Meeting were bare without it.”—*Shakespeare (Macbeth)*

BECHAMEL SAUCE

(*Mrs. V. D. Crowe*)

Blend 3 tbsp. butter with 4 tbsp. flour add 1 c. hot meat stock or 1 bouillon cube in 1 c. boiling water. Season with salt, pepper, paprika add $\frac{3}{4}$ c. heavy cream. Cook until thick and smooth.

EGG SAUCE

(*Mrs. L. B. Schurman*)

5 tbsp. butter	$\frac{1}{2}$ tsp. lemon juice
3 tbsp. flour	2 hard boiled eggs
1 $\frac{1}{2}$ c. boiling water	salt and pepper

Rub the butter and flour together and add hot water gradually. Stir constantly and cook until thickened. Add the lemon juice and the 2 hard boiled eggs chopped and seasoned to taste. Keep over hot water until ready to serve.

DRAWN BUTTER

This sauce is made as above, with chopped egg omitted.

FISH SAUCE

(*Mrs. E. G. Moxon*)

1 tbsp. onion (minced)	$\frac{1}{2}$ c. sour cream
1 tbsp. butter	1 tbsp. sugar
1 tbsp. flour	$\frac{1}{3}$ c. dill pickles (minced)
$\frac{1}{2}$ c. water	1 tbsp. chopped parsley
2 tbsp. vinegar	

Cook onion in butter until tender. Place in double boiler and add flour. Blend well with remaining ingredients. Cook until smooth and thick. Season to taste with salt and a dash of cayenne pepper.

FRENCH MUSTARD

(*Mrs. Frank Archibald*)

1 tbsp. flour	1 tsp. salt
1 tbsp. mustard	2 eggs
1 tbsp. sugar	$\frac{1}{2}$ c. milk
1 tsp. curry powder	$\frac{1}{2}$ c. vinegar
1 tsp. tumeric	

Mix all together and let it cook slowly for five minutes stirring constantly.

QUICK HOLLANDAISE SAUCE

(Mrs. G. T. Purdy)

$\frac{1}{2}$ c. butter	a dash of white pepper and cayenne
3 to 4 egg yolks	1 tbsp. lemon juice
1 tsp. salt	$\frac{1}{2}$ c. boiling water

Stir the butter with a wooden spoon in the top of a double boiler until it is soft. Add egg yolks, seasoning and lemon juice. Beat thoroughly. Stir in boiling water. Place pan on top of scalding but not rapidly boiling water and stir for 3 or 4 minutes or until thickened. If it starts to curdle—which it won't do if your water is **not** boiling—take it off instantly and beat with Dover or electric beater. This sauce is delicious hot or cold. If it is to be used cold use $\frac{3}{4}$ instead of $\frac{1}{2}$ cup boiling water.

MINT SAUCE

$\frac{1}{4}$ c. chopped fresh mint	3—4 tbsp. sugar
$\frac{1}{2}$ c. hot vinegar	

Use only leaves and tender tips of mint. Dissolve sugar in vinegar, add mint, and let stand in a warm place one half hour.

SAUCE TARTARE

To $\frac{3}{4}$ c. mayonnaise dressing add $\frac{1}{2}$ tbsp. each of capers, pickles, parsley, olives, and $\frac{1}{4}$ tbsp. finely chopped onion.

MAITRE D'HOTEL BUTTER

4 tbsp. butter	1/8 tsp. salt
2 tbsp. lemon juice	1 tbsp. parsley
f. g. pepper	

Cream butter, add remaining ingredients and stir thoroughly. Lemon Butter is made by omitting parsley.

Pastry and Pies

"Jo discovered that something more than energy and goodwill is necessary to make a cook."—"Little Women".

PASTRY (Never Fail)

(Mrs. Oscar Rohn, *per L. B.*)

3 c. sifted pastry flour	1 tbsp. salt
1 tbsp. sugar (level)	1 c. (solid) shortening (I prefer Domestic shortening)

Cut shortening into flour very fine, add enough cold water (about $\frac{1}{4}$ c.) to make mixture hold together. Let stand over night in refrigerator, use only enough flour to keep pastry from sticking. This will make excellent flaky paste by rolling several times with butter.

PASTRY*(Mrs. Helen Embree)*

1 c. (full) shortening	Sift 3 c. pastry flour with
$\frac{1}{2}$ c. boiling water. Pour over	1 tsp. salt
shortening, cut and stir.	$\frac{1}{4}$ tsp. baking powder

Stir into shortening and hot water when it is lukewarm. Set aside to cool. If put in refrigerator, it will keep a long time.

APPLE PIE*(Miss Cora Archibald)*

Pastry lining cooked	Make a syrup of 1 c. sugar
6-8 tart apples pared and sliced	and $\frac{1}{2}$ c. water

Add apples and simmer 5 minutes. Add 1 heaping tsp. butter, and $\frac{1}{2}$ tsp. almond extract. Cook until tender, keeping apples in shape. Cool and fill pastry shell.

Take 1 c. flour, $\frac{1}{2}$ c. brown sugar, and $\frac{1}{3}$ c. butter. Crumb together. Sprinkle on top and brown in oven.

May be served cold with whipped cream.

WASHINGTON APPLE PIE*(Mrs. W. J. Bird)*

1 c. sugar	1 tsp. cornstarch
1 c. pineapple juice	1/8 tsp. salt
(unsweetened)	$\frac{1}{2}$ tsp. vanilla
6 medium sized tart apples	1 tbsp. butter

Put sugar and pineapple juice on to boil. When mixture boils add peeled and cored apple quarters. Cook slowly uncovered until fruit is tender, moving the apples enough to keep them covered with the syrup. Lift the apples out carefully with a spoon and lay them in a pie plate lined with uncooked pastry.

Dissolve the cornstarch in a little cold water (about 2 tsps.) and add to the syrup. Cook about 5 minutes or until syrup thickens. Add vanilla and butter and pour over the apples in the pastry lined pie plate. Cut strips of pastry $\frac{1}{2}$ inch wide and place criss-cross over the pie. Bake in hot oven (450°) for 10 minutes and then reduce the heat to finish the baking to (350°) for about 35 minutes.

CHERRY PIE*(Mrs. Frank Archibald)*

Put 1 tin Aylmers pitted cherries in double boiler with piece of butter and 2 tbsp. flour.

Heat until butter melts, and mixture thickens. Then put in unbaked pie shell, cover with strips and bake.

Serve with white powdered sugar sprinkled over it.

RHUBARB PIE*(Mrs. Jas. Archibald)*

Over 3 c. finely chopped rhubarb pour cold water to cover. Let stand 10 minutes, drain.

Mix 2 tbsp. flour with 1½ c. sugar, yolks 2 eggs, 1 tbsp. butter and ½ c. raisins. Beat this mixture well and add rhubarb. Bake in an under crust. When done frost with meringue made of 2 egg whites beaten stiff with 4 tbsp. confectioners sugar. Return to oven to brown 3 minutes at 400°.

RHUBARB PIE*(Miss Mona Mc Kay, per I. L.)*

1½ c. sugar	1½ tbsp. quick cooking tapioca
1 tbsp. grated orange rind	½ tsp. salt
1 tbsp. flour	

Combine these and let stand twenty minutes. Wash and dice three cups of rhubarb; add when ready for pie, 1 tbsp. lemon juice, 1 tbsp. melted butter. Mix well and pour into pie plate lined with rich pastry. Cover with lattice top.

ORANGE PIE*(Mrs. E. B. McDaniel)*

Pastry (uncooked)

Filling—

2 tbsp. flour	Pinch of salt
Butter size of walnut	Juice and grated rind of
1 c. sugar	1 orange
Yolks of 2 eggs	1 c. sweet milk

Mix yolks of eggs and sugar. Add orange juice and rind. Stir into flour, butter and milk mixture which have been previously cooked.

Make meringue of egg whites and 4 tbsp. of sugar. Pile lightly on baked pie and return to oven to brown.

PINEAPPLE PIE*(Mrs. H. A. Dickson)*

1 c. water	1 c. sugar	1 c. pineapple juice
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Put in double boiler and when hot add:

1 tbsp. flour	1 tbsp. cornstarch	2 egg yolks
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Cook until thick and add:

1 c. pineapple pulp	½ tsp. vanilla and salt
butter size of walnut	

Put in cooked pie shell. Use whites of eggs for meringue.

MAPLE SYRUP PIE*(Mrs. C. K. Munro)*

1½ c. maple syrup	3 eggs	salt
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Beat eggs slightly and add salt and maple syrup. Beat well. Pour into unbaked shell and bake in hot oven (425°) 10 minutes. Reduce heat and bake (325°) until custard is set.

RAISIN PIE*(Mrs. A. B. Banks)*

1½ c. raisins	2 eggs
1 c. sugar	Salt
2 c. boiling water	2 tsp. lemon juice
3 tbsp. cornstarch	

Put raisins, sugar and water on stove and bring to a boil. Beat egg yolks, add cornstarch which has been mixed with a small amount of cold water. Add to mixture on stove. Pour into uncooked pie crust. Bake until set. Beat egg whites, add 2 tsp. lemon flavoring. Pile on pie, brown in oven.

RAISIN FILLING FOR PIE OR TARTS*(Miss H. R. McMullen)*

Place 1 c. milk in double boiler. When scalded add 1½ tbsp. flour mixed with ¾ c. sugar, ½ tsp. salt, yolks of 2 eggs well beaten. Then add 1 tbsp. butter, 1 c. chopped seeded raisins. When thickened take from stove and add 1 tsp. vanilla.

Pour into pie or tart shells already baked, and top with meringue made of egg whites beaten stiff with 2 tbsp. sugar. Brown in slow oven.

PECAN PIE*(Mrs. Jas. Archibald)*

4 eggs beaten	½ tsp. salt
1 c. sugar	3 tbsp. butter melted
1 tbsp. flour	2 tsp. vanilla
1 c. corn syrup	1 c. pecan nuts

Mix in order given. Bake 40 minutes in unbaked pie shell at 350°. Garnish with whipped cream if desired.

BUTTERSCOTCH PIE*(Mrs. Elwyn Carter)*

1 c. brown sugar	1 tbsp. butter
½ c. water	Boil until thick

To the beaten yolks of 2 eggs, add 2 tbsp. flour and mix smooth with 1 c. milk. Pour slowly into boiling syrup, cook until smooth stirring constantly. Pour into baked pie shell. Spread with meringue made of 2 beaten egg whites and 2 tbsp. brown sugar. Brown slightly.

SQUASH PIE FILLING*(Mrs. Elwyn Carter)*

Mix and sift 1 c. sugar with ½ tsp. ginger.

Turn into double boiler with 2 c. hot milk. Add 2 c. strained squash pulp and 3 beaten eggs and 1 tbsp. butter. Turn at once into unbaked pie shell.

BUTTERSCOTCH PIE FILLING*(Mrs. F. L. Snook)*

2 eggs	1 tbsp. cornstarch
1 c. brown sugar	2 tbsp. butter
1½ c. milk	3 tbsp. water
3 tbsp. flour	½ tsp. vanilla
2 tbsp. white sugar	¼ tsp. salt

Drop eggs in double boiler. Mix the dry ingredients, stir into the eggs, then add water and milk slowly. Beat until smooth.

PUMPKIN CREAM PIE*(Mrs. W. J. Bird)*

⅔ c. brown sugar	Pinch of ginger
1/8 tsp. cinnamon	(more if you like it)
1/8 tsp. nutmeg	1 tbsp. cornstarch
1/8 tsp. salt	1½ c. cooked pumpkin

Mix ingredients and add to pumpkin and let stand over night so that spices will blend.

In morning add 2 well beaten eggs and one cup each of milk (scalded) and cream. Cook over hot water until custard is thick and smooth. Pour into baked shell and serve cold. Garnish with slightly sweetened whipped cream and currant jelly.

PUMPKIN PIE WITHOUT EGGS*(Mrs. Frances Casson)*

2 cups mashed pumpkin	Salt to taste
2 tbsp. flour	Spice to taste—cinnamon,
2 tbsp. butter	cloves, nutmeg, allspice,
½ c. sugar (preferably brown)	mace
3 tbsp. molasses	1 c. sweet milk

ZWIEBACK COCOANUT TART*(Miss Eileen Hallisey)*

Spread 2 c. cocoanut on a large baking sheet and toast 10 minutes in an oven 350° F. Beat 4 eggs yolks until thick, add ½ c. sugar, beat thoroughly, and let stand a few minutes to dissolve the sugar. Add 1 c. rolled Zwieback crumbs, 1 tsp. baking powder and 1 c. toasted cocoanut. Mix quickly and immediately fold in 4 egg whites beaten stiff. Pour into 2 greased layer-cake pans and bake 10 minutes at 375°. Put together and spread with sweetened whipped cream, and sprinkle with toasted cocoanut.

FILLING FOR SMALL PASTRIES*(Mrs. J. Arch Fraser)*

1 egg	1 tsp. vanilla
1 c. brown sugar	Salt
1 tbsp. vinegar	

Cook until thick and put in pastry shells.

BREAD AND BUTTER CUCUMBER PICKLE

(Mrs. F. L. Snook)

1 gal. sliced cucumber

Sprinkle with salt and let stand over night. Drain in morning

Add 3 or 4 sliced onions

Dressing: 1 tsp. mustard seed

4 c. brown sugar

1½ tsp. pepper

Vinegar enough to see when
poured over the other
ingredients.

2 tsp. celery seed

Bring all to boil and pour over the cucumbers and cook for a few minutes.

BEET PICKLES

(Mrs. H. A. Dickson)

Cook small beets until tender. Peel and pour over them the following
cold dressing. Seal in airtight jars.

½ c. vinegar

1 tsp. salt

1 tbsp. white sugar

1/8 tsp. pepper

CUCUMBER RELISH

(Mrs. A. W. Mackenzie)

2 qts. cucumber chopped fairly fine

½ c. onions

Sprinkle with salt (2 tbsp.) and let stand 2 hrs. and drain.

Add: 1 pt. vinegar

1 tsp. mustard seed

1 c. sugar

1 tsp. pepper

1 tsp. tumeric

A little cinnamon bark

1 tsp. celery seed

Bring all to the boil and seal.

CUCUMBER AND ONION PICKLES

(Mrs. F. M. Blois)

12 cucumbers

8 onions

Peel and slice both. Sprinkle with salt and let stand over night. Drain
and add mustard dressing.

Dressing:

1 qt. vinegar

2 tbsp. tumeric

6 tbsp. mustard

4 c. white sugar

1 oz. celery seed (tied in bag)

1 c. flour

2 red peppers

Let simmer for 3 minutes. Bottle and seal.

CUCUMBER SALAD PICKLE

(Mrs. Jas. Archibald)

Peel and slice green cucumbers. Sprinkle with salt and let stand over-
night. In morning drain and add 1 medium sliced onion to each pint. Fill
jars and add to each 1 dessert spoon celery seed, mustard seed, $\frac{1}{2}$ tsp. black
pepper. Fill jars with vinegar allowing space for 2 tbsp. olive oil.

DUTCH SALAD*(Miss Marion Carter)*

Chop—1 qt. cucumber, 1 qt. onions, 1 qt. green tomatoes, 1 qt. cauliflower
 Scald in salt and water using $\frac{1}{2}$ c. salt, and water to cover. Let stand till cool and rinse well.

Dressing:

7 tsp. mustard	1 c. flour
2 tsp. tumeric	2 qts. vinegar
$3\frac{3}{4}$ c. sugar	

Mix well. Cook and add to vegetables. Cook slowly on back of stove one hour, stirring well every few minutes.

APPLE AND TOMATO RELISH*(Mrs. N. F. Nutter)*

3 $\frac{1}{2}$ lbs. green tomatoes	2 pts. vinegar
3 lbs. white sugar	1 oz. cloves, cinnamon, all
3 $\frac{1}{2}$ lbs. apples (peel and slice)	spice in bag.

Prepare tomatoes at night with salt. In morning drain and add apples, etc. Cook slowly until tender.

BEET SALAD*(Mrs. H. A. Dickson)*

2 qts. boiled diced beets	salt and pepper to taste
Dressing:	
2 c. vinegar	2 eggs well beaten

$\frac{1}{2}$ c. brown sugar 2 tsp. mustard

Bring to a boil and pour over diced beets. May be stored in air-tight jars for winter use. When using mix with a little cream. Nice with cold pork.

CHILI SAUCE*(Mrs. Walter Snook)*

20 ripe tomatoes	2 tbsp. salt
4 large onions	2 c. brown sugar
4 peppers	1 tsp. different spices
4 c. vinegar	$\frac{1}{4}$ tsp. cayenne pepper

Put through chopper (fine). Boil slowly two hours. Put in jars and seal with wax.

TOMATO RELISH*(Mrs. E. G. Moxon)*

28 large green tomatoes	2 qts. vinegar
3 red peppers	2 c. brown sugar
4 onions	

Boil together until well cooked.

TOMATO CHUTNEY*(Mrs. H. A. Baker, per L.B.)*

24 apples	5 c. brown sugar
12 green tomatoes	2 tbsp. salt
4 green peppers (seeded)	2 tbsp. mustard seed
6 onions	2 qts. vinegar

Chop tomatoes, peppers, onions. Mix all together with sugar, vinegar, and seasonings. Cook for 10 minutes. Add chopped apples, continue cooking until done.

TOMATO BUTTER*(Mrs. F. S. Layton)*

10 lbs. ripe tomatoes	1 pint white wine vinegar
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Peel and slice the tomatoes and let stand in the vinegar over night. In the morning drain. Reserve $\frac{1}{2}$ pint of the juice. Now boil together for 10 minutes 1 quart vinegar, 3 lbs. brown sugar, and the $\frac{1}{2}$ pint of juice. Then add tomatoes, 1 tbsp. salt and 1 tbsp. mixed spices (tied in a piece of muslin.) Boil all together slowly for 3 hours.

RHUBARB RELISH*(Mrs. H. A. Baker, per L. B.)*

1 qt. rhubarb chopped fine	1 tsp. salt
1 qt. onions	1 tsp. pepper
1 qt. vinegar	1 tsp. allspice
2 lbs. brown sugar	1 tsp. cloves

Put rhubarb, onions, vinegar and spices together and boil 20 minutes. Add sugar and boil 1 hour.

PICKLED BEANS*(Mrs. D. A. Sandilands)*

Cut in small pieces 1 pk. green beans	Boil $\frac{1}{2}$ hr. and drain
Add $\frac{1}{2}$ cup salt and water to cover	
Add: 3 pts. vinegar	3 lbs. sugar
Let come to boil.	
Prepare: 1 cup flour	2 tsp. tumeric
$\frac{1}{2}$ c. mustard	2 tsp. celery seed

Mix quite thin with cold vinegar. Add this to boiling mixture. Boil 5 minutes. Bottle in sterilized jars.

CABBAGE RELISH*(Mrs. Murray Crockett, per L. B.)*

1 $\frac{1}{2}$ large cabbage	3 lbs. sugar
8 large onions	1 tbsp. mustard seed
5 green peppers	1 tbsp. celery seed
5 red peppers	

Cut cabbage, onions and peppers. Sprinkle them with salt. Let stand over night and in morning drain off the brine. Put on stove, add sugar and cover with vinegar. Let simmer for 5 minutes. Bottle.

WINTER SALAD

(*Mrs. Frank Stanfield*)

8 green tomatoes
6 large onions
1 large cabbage

2 heads celery
2 red peppers

Chop tomatoes and onions. Let stand and drain while chopping other ingredients. Put all in kettle and nearly cover with white wine vinegar. Boil 15 minutes, then add:

Blend: 2 lbs. sugar
1 c. flour
1 tsp. tumeric

2 tbsp. salt
2 heaping tsp. mustard in a
little water

Pour on first mixture and boil 15 minutes longer.

MUSTARD PICKLE

(*Miss M. Christie*)

2 large cauliflowers
2 qts. cucumbers
2 green peppers

2 red peppers
2 bunches celery
1 lb. small onions

Break cauliflower. Grind peppers. Cut cucumbers. Take 1 c. salt to 1 gal. water. Soak overnight. Put on in morning and scald for quite awhile (do not boil). Drain. Add dressing.

Dressing: 6 tbsp. mustard
1½ c. flour
5 c. sugar

2 tsp. tumeric
ounce celery seed
ounce mustard seed

Heat 2 qts. vinegar. Mix dry ingredients and add. Cook until thick. Add to pickles. After mixing in dressing put on plate at low heat and cook slowly. Stir frequently. Cook 1 hour.

INDIAN RELISH

6 cucumbers
1 pint of green tomatoes

15 onions
3 red peppers

Put all through the chopper, cover with 1 c. salt and leave overnight. In the morning drain and add:

3 lbs. brown sugar
2 tsp. black pepper

2 tsp. mustard
2 tsp. celery seed

Vinegar to cover well. Cook until onions are soft. Put in sterilized jars and seal.

SWEDISH RELISH

(*Mrs. Frank Lewis*)

7 lbs. green tomatoes
(peeled and cubed)
4 lbs. sugar

1 lb. raisins
1 pt. vinegar
2 tbsp. cinnamon

Cook until thick—2 or more hours.

FRENCH PICKLE

(Mrs. A. B. Banks)

3 pts. green tomatoes	1 cauliflower
1 pt. onion	1 bunch celery
2 large cucumbers	1 pt. sweet red peppers

Cut about the size of hazel nuts. Sprinkle with 1 c. coarse salt. Let stand overnight. Drain and cook in **weak** vinegar (2 c. vinegar to 1 c. water). Cook until tender, drain.

Make a sauce of:

2 qts. vinegar	1 tbsp. each celery seed, tumeric
3 lbs. white sugar	1 tsp. each mustard, curry
1 c. flour	powder
$\frac{1}{4}$ c. mustard seed	

Pour over vegetables, bottle and seal.

Salads

"How green you are and fresh!"—*Shakespeare (King John)*

TOSSSED SALAD

(Mrs. C. K. Munro)

Mix $\frac{2}{3}$ c. each grated raw carrots, shredded cabbage and chopped celery. Add $\frac{1}{2}$ cucumber cut fine and $\frac{1}{2}$ bunch young radishes sliced thin. Toss with dressing. Serves four.

SALAD

(Mrs. Walter Snook)

1 c. diced celery	$\frac{1}{2}$ c. raisins
1 c. diced apple	$\frac{1}{2}$ c. diced pineapple

Mix together and arrange on crisp lettuce. Serve with mayonnaise cream dressing. Garnish with chopped almonds.

CREAM CHEESE SALAD

(Miss Mary Whidden)

$\frac{1}{2}$ tbsp. gelatine	few grains paprika
2 tbsp. cold water	1 tsp. Worcestershire sauce
2 pkgs. cream cheese	$\frac{1}{2}$ c. cream whipped
$\frac{1}{4}$ tsp. salt	

Soak gelatine in cold water 5 min. Mash cheese. Add seasonings and cream whipped until light but not stiff. Add dissolved gelatine. Turn into molds. Put in chiller. Serve on lettuce leaf with bit of jelly and dressing.

BRAZILIAN SALAD*(Mrs. Lloyd Black)*

Remove skins and seeds from white grapes. Cut in halves lengthwise and add an equal quantity of Canadian grown apples, pared, cored and cut in small pieces. Also add shredded fresh pineapple and celery cut in small pieces. Add $\frac{1}{4}$ quantity of Brazil nuts broken. Mix thoroughly and season with lemon juice. Use mayonnaise dressing and serve on crisp lettuce.

FROZEN SALAD*(Mrs. E. D. Vernon)*

1 pint whipped cream	1 c. chopped cherries,
1 pint boiled salad dressing	red or green
1 tbsp. gelatine	1 c. Marshmallows cut in pieces
1 c. diced pineapple	Other fruits if desired

Soak the plain gelatine in $\frac{1}{4}$ c. cold water. Dissolve over boiling water. Add to mixture made of salad dressing and cream. Add fruit. Freeze in refrigerator trays 3 to 4 hours. Serves 10 to 12.

FROZEN FRUIT SALAD*(Mrs. A. W. Mackenzie)*

1 c. shredded pineapple	1 doz. marachino cherries
2 tbsp. icing sugar	8 marshmallows
$\frac{1}{4}$ lb. cream cheese (white)	1 c. mayonnaise
1 c. cream whipped	

Drain pineapple well, add sugar, marshmallows (cut in half). Soften cream cheese and work in the mayonnaise to make a smooth mixture. Then fold in whipped cream and combine with fruit. Pour into tray. Put cherries on top. Freeze.

GELATINE SALAD*(Mrs. Dexter McCurdy)*

1 pkg. orange jelly powder	1 pkg. cream cheese
1 small can crushed pineapple	

Use juice of pineapple instead of cold water and add hot water to make 1 pint. Dissolve jelly powder and while warm add cheese. Beat with egg beater. When cool add pineapple and $\frac{1}{2}$ c. walnuts. Salt. Put in molds and serve on lettuce with mayonnaise.

VEGETABLE CARROT SALAD*(Mrs. E. G. Moxon)*

2 tbsp. gelatine dissolved in	juice and rind of $1\frac{1}{2}$ lemons
$\frac{3}{4}$ c. cold water	3 tbsp. vinegar
1 c. sugar	$2\frac{1}{2}$ c. chopped cucumber
$1\frac{1}{2}$ c. boiling water	1 c. shredded carrots

Mix in order given and jell.

FROZEN SALAD*(Mrs. Jas. Benson, per D. C.)*

Dressing:	2 egg yolks	$\frac{1}{2}$ c. strained honey or maple
	2 tbsp. sugar	syrup
	juice 2 lemons	$1\frac{1}{2}$ c. cream or diluted evaporated milk
	1 tbsp. flour	
	1 can crushed pineapple	1 small bottle maraschino cherries
	3 bananas cut in fine cubes	$\frac{2}{3}$ c. cream

Make dressing. Mix fruit and add with whites of three eggs to the dressing. Whip cream, add pulverized sugar and vanilla and add to first mixture. Freeze.

GELATINE SALAD*(Miss Winnie Smith)*

1 envelope Knox's gelatine	$\frac{1}{2}$ c. sugar
$\frac{1}{2}$ c. cold water	1 tsp. salt
$\frac{1}{2}$ c. mild vinegar	1 c. cabbage finely shredded
2 tbsp. lemon juice	1 c. celery cut in fine pieces
2 c. boiling water	2 pimentoes cut in small pieces

Soak gelatine in cold water. Add boiling water. Stir until all dissolved then add sugar, salt, vinegar and lemon juice. Add cabbage, celery and pimento. Stir well and pour into molds and chill in ice box.

GOLDEN GLOW SALAD*(Mrs. H. W. Murdock)*

1 box Lemon Jello	1 c. boiling water (dissolve)
Add: 1 c. canned pineapple juice	1 can crushed pineapple
$\frac{1}{2}$ c. sugar	1 c. grated raw carrots

Put into molds.

TASTY SUMMER SALADS*(Miss M. Harris)*

For the base, use 1 pkgs. lemon jello (1 pt.)

When jello begins to thicken, stir in—

1 small bottle stuffed olives cut in pieces	1 can pineapple tid-bits
1 can cut up pimento	1 pkg. cream cheese cut in "chunks"

Mould in square pan.

Cut in squares and serve each square on leaf of lettuce.

TOMATO JELLY SALAD*(Mrs. Frances Casson)*

1 can tomato soup. Add to this one and one half cans of hot water, 2 tsp. celery salt, 2 tbsp. gelatine which has been dissolved in cold water. Salt and pepper to taste. Boil and pour into moulds over your choice of vegetables, lobster, or shrimps. When using the latter add the liquor.

TOMATO JELLY WITH SHRIMP*(Mrs. Leonard Rafuse)*

2 c. tomato juice	2 tbsp. cold water
1 tsp. grated onion	$\frac{1}{4}$ tsp. paprika
$\frac{1}{2}$ tsp. salt	$\frac{1}{2}$ bay leaf, 2 tbsp. white sugar
1 c. chopped celery	1 can shrimps
1 tbsp. gelatine	

Cook tomato juice, onion and bay leaf 5 minutes then remove bay leaf. Soak gelatine in cold water. Then add to tomato mixture. Add sugar, paprika, allow to cool until it begins to congeal. Clean shrimp and add. Then add celery. Pour into moulds.

PINEAPPLE AND CUCUMBER SALAD*(Mrs. H. B. Goodspeed)*

2 tbsp. gelatine	$\frac{1}{4}$ c. cold water
1 c. boiling water	$\frac{1}{4}$ c. sugar
1 tsp. salt	$\frac{1}{4}$ c. vinegar
Juice of $\frac{1}{2}$ lemon	1 c. diced cucumbers
1 cup shredded pineapple	$\frac{1}{2}$ c. mayonaise
$\frac{1}{4}$ c. whipped cream	Paprika

Soak gelatine in cold water 5 minutes, then dissolve in boiling water, add sugar, salt, vinegar and lemon juice. Let cool and when mixture begins to thicken stir in cucumber and pineapple. Pour in molds, chill thoroughly. Serve with mayonaise to which whipped cream has been added and sprinkle with paprika.

MOULDED SALMON LOAF*(Miss Reta Donkin)*

1 can Salmon	$\frac{1}{2}$ pkg. gelatine
1 c. salad dressing	$\frac{1}{3}$ c. cold water
1 tsp. salt	$\frac{1}{2}$ c. chopped pickles

Remove bones from salmon and add salad dressing. Add water to gelatine and let it stand 5 minutes. Then heat it until it is dissolved and add salt and gelatine to salmon. Pour into buttered mold.

JELLIED CHICKEN SALAD*(Miss Ena Thomas)*

2 cups diced cooked chicken or part veal	2 c. chicken stock (hot)
$1\frac{1}{2}$ c. diced celery	1 tbsp. lemon juice
2 tbsp. granulated gelatine	1 tsp. onion juice
$\frac{1}{3}$ c. cold water	salt to taste

Soak gelatine in cold water 5 minutes. Add the lemon and onion juice to the stock. Bring to the boil. Strain. Add gelatine. Add chicken and celery and season to taste. Pour into a mold lined with sliced hard cooked eggs.

CHICKEN MOUSSE SALAD*(Mrs. Leonard Rafuse)*

1 c. tinned chicken, chopped	$\frac{1}{3}$ c. cold water
2 c. hot meat stock	$\frac{2}{3}$ c. whipping cream
yolks 4 eggs	$\frac{1}{2}$ tsp. salt
$\frac{1}{2}$ c. chopped almonds	$\frac{1}{4}$ tsp. each paprika and celery
2 tbsp. gelatine	salt

Beat egg yolk, add seasonings and meat stock. Cook in double boiler until thick. Add gelatine which has been dissolved for 5 minutes in cold water. Stir until dissolves. Add chicken and nuts. Chill until it begins to thicken. Fold in whipped cream. Pour into moulds and chill.

JELLIED TUNA FISH SALAD*(Mrs. Frank Wellard)*

1 tbsp. lemon juice	1/8 t. pepper
1 tbsp. chopped parsley	2 c. flaked tuna fish
1 c. chopped celery	1 tbsp. gelatine
$\frac{1}{2}$ tsp. salt	$\frac{1}{4}$ c. water
1 c. cooked salad dressing	

Add lemon juice, parsley, celery, salt and pepper to the flaked fish. Soak gelatine in cold water 5 minutes and dissolve over hot water. Add to the cooked salad dressing and mix with the other ingredients. Pour into molds which have been dipped in cold water. Chill. Unmold, garnish with lettuce. If ring molds are used, fill centre with olives and pickles.

COOKED SALAD DRESSING*(Mrs. John Millard)*

2 eggs beaten lightly
Mix together $\frac{1}{2}$ c. sugar, 2 tbsp. flour, 1 tbsp. mustard, pinch cayenne and 1 tsp. salt.

Add to eggs

Add $\frac{3}{4}$ c. vinegar

1 level tbsp. butter

Cook in double boiler. Thin with milk or whipped cream for use.

QUICK SALAD DRESSING*(Miss M. Harris)*

Break 2 eggs into a bowl. (1 egg and 1 tsp. of cornstarch will do as well)
Sift into them:

2 tsp. sugar

dash of cayenne

2 tsp. salt

Beat all together

 $\frac{1}{4}$ tsp. mustard

Add: 2 tsp. melted butter

 $\frac{1}{4}$ c. hot vinegar, added

1 cup warmed milk or cream

gradually

Cook until thick as soft custard.

FRENCH SALAD DRESSING

(Miss Cora Archibald)

$\frac{1}{2}$ tsp. salt	$\frac{1}{4}$ c. tarragon vinegar
1 tsp. sugar	$\frac{1}{2}$ c. olive oil
1/8 tsp. pepper	$\frac{1}{2}$ tsp. Gueden's mustard
1/8 tsp. paprika	

Put slice onion in gem-jar. Add all ingredients and shake thoroughly. Shake each time before using. For variation add $\frac{1}{4}$ cup tomato ketchup.

MAYONNAISE DRESSING

(Miss H. R. McMullen)

1 tsp. mustard	1 tbsp. lemon juice
1 tsp. salt	1 tbsp. vinegar
1 egg or 2 egg yolks	$1\frac{1}{2}$ c. salad oil
dash cayenne	1 tsp. boiling water

All ingredients and utensils should be cold. Mix dry ingredients, add egg and beat well. Add part of vinegar, beat, then add one half cup of salad oil, very gradually, drop by drop, increasing amount as mixture thickens. Continue adding acids and oil alternately until all is used, meanwhile beating constantly. When finished, dressing should be thick enough to hold its shape. Last of all add the boiling water as a help in preventing separation.

If mixture should curdle because of adding oil too rapidly, a smooth consistency may be restored by taking yolk of another egg and adding curdled mixture to it slowly, while beating constantly.

Sandwiches

“Now to the banquet we press;
 Now for the eggs and the ham!
 Now for the mustard and cress!
 Now for the strawberry jam.”—Sir W. S. Gilbert

SANDWICH SUGGESTIONS

(Mrs. Harry Hills)

Open Shrimp Sandwiches

Clean shrimps, season well, and marinate in lemon juice. Cut bread in rectangles 3" x $1\frac{1}{2}$ ". Spread with creamed butter, and then very lightly with mayonnaise. Place a shrimp at the top to form a flower, and use strips of green pepper for stem and leaves.

Cream Cheese and Cherry

Mix a package of white cream cheese with a small jar of chopped maraschino cherries. Make into small rolled sandwiches, like asparagus rolls.

Open-Faced Cheese Sandwiches

Make a good cheese filling using any cheese you wish. Spread on rounds of brown or white bread. Make a border of finely chopped nuts, or chopped parsley. Garnish center in any way desired.

Rolled Ham Sandwiches

Make a good ham filling. Cut slices from the loaf of bread lengthwise, having first removed the crust. Spread bread with creamed butter, then with ham filling. Place gherkins along width of bread, and roll very carefully. Chill, and cut when using. These are very attractive pin-wheel sandwiches.

Open-Faced Cucumber Sandwiches

Peel a cucumber, and score lengthwise with the tines of a fork. Slice in fairly thin slices, and season with salt and pepper. Place a slice of cucumber on each round of bread, having first spread bread rounds with creamed butter and mayonnaise. Garnish attractively with pimento, olives, parsley or anything that will add color.

Cream Cheese and Ginger

Color a package of cream cheese with green vegetable coloring. Add 4 tbsps. of finely chopped preserved ginger, and 2 tbsps. of cream salad dressing. Mix well, and use for ribbon sandwiches, with 3 slices of brown bread and 3 slices of white bread.

Open-Faced Tomato Sandwiches

Cut bread in rounds with cutter. Spread with butter and mayonnaise. Place slices of tomato on rounds, and garnish attractively with small slices of gherkin, stuffed olive or parsley.

Almond and Lettuce Sandwiches

Blanche almonds, and brown in oven, and chop finely. Shred lettuce, mix boiled salad dressing with whipped cream, spread bread with creamed butter, and mayonnaise, and cover with almonds, and shredded lettuce. Place between two slices of bread. Cut into strips.

HORNS O'PLENTY (Sandwich)

(Mrs. V. D. Crowe)

Spread thin bread slices, crusts removed, with creamed butter. Roll into cornucopias; fasten with toothpicks and cover with damp cloth. Chill just before serving fill with mixture of one 6 $\frac{1}{2}$ oz. can of crab meat or lobster, shredded, 1 c. sliced celery, $\frac{1}{4}$ c. chopped salted almonds—salad dressing to moisten. Garnish each with parsley or cress sprig.

HOT HAM SANDWICH*(Mrs. V. D. Crowe)*

Place chopped ham between slices of bread, dip in egg and milk—fry and garnish.

TONGUE AND TOMATO SANDWICH*(Mrs. G. K. Munro)*

12 slices bread	$\frac{1}{2}$ lb. thinly sliced tongue
$\frac{1}{2}$ lb. peeled sliced tomatoes	mayonnaise
	chopped gherkins to taste

Spread bread with butter. Cover four slices with tongue. Cover each with slice bread. Arrange on top slices of tomato, gherkin and mayonnaise. Cover each with slice of bread. Press down tightly. Makes 8 whole sandwiches. Cut to size desired.

OPEN SANDWICHES*(Mrs. K. M. Lewis, per D.M.R.)*

Mix Guava Jelly, Cream Cheese and moist cocoanut and spread on bread cut in fancy shapes.

SANDWICH FILLING*(Mrs. George W. Reid)*

Olives, cucumber, walnuts, chopped and mixed with salad dressing.

SANDWICH FILLING*(Mrs. A. W. Mac Kenzie)*

1 c. white sugar	3 tsp. mustard
1 c. butter	3 tsp. salt
$\frac{1}{4}$ c. cream	3 tbsp. flour
1 scant c. vinegar	$\frac{1}{4}$ lb. Canadian Cheese
3 eggs	1 small bottle stuffed olives
1 can pimentos	

Put cheese, olives and pimentos through chopper. Cook all in double boiler until thick. This makes one quart and will keep indefinitely.

TOMATO SANDWICH SPREAD*(Mrs. Kenneth Cox)*

Cook 12 large tomatoes and 3 onions until soft, then press through sieve. Add 3 green sweet peppers and 1 hot red pepper chopped, and simmer fifteen minutes. Mix well 1 cup sugar, 1 cup flour, $\frac{1}{4}$ tsp. salt, 6 tsp. mustard, 1 cup vinegar and add to above. Cook until it thickens nicely. Put in small jars and seal.

SANDWICH FILLING

(Mrs. W. J. Bird)

2 green peppers chopped fine	$\frac{3}{4}$ c. white sugar
2 tins pimentos	(more if you wish)
$\frac{1}{4}$ lb. mild cheese	2 tsp. mustard
4 eggs	1 c. malt vinegar
$\frac{1}{2}$ lb. butter	1 onion (medium)
pinch of salt	$\frac{1}{2}$ pt. cream

Put cheese, pimento, green pepper and onion through the food chopper. Beat eggs and put everything together in double boiler and cook until thick. Bottle and store in cool place.

SANDWICH SPREAD

(Miss Reta Donkin)

1 small can pimento	1 tsp. salt
3 hard boiled eggs	1 tsp. mustard
$\frac{1}{2}$ lb. cream cheese	2 tbsp. sugar
$\frac{1}{2}$ c. vinegar	1 tbsp. flour
$\frac{1}{2}$ c. milk	

Put eggs and pimento through chopper. Blend flour and milk. Mix all ingredients, cook, stirring constantly, in double boiler, until thickened. Cover and cook $\frac{1}{2}$ hour. Keep in a bottle, in a cool place, and use when required.

Soups

"Soup of the evening, beautiful soup!"—Lewis Carroll

SOUP

(Mrs. F. C. Archibald)

To 1 tin Campbell's Consomme add:

3 kitchen tbsp. Sherry	$\frac{1}{4}$ tsp. Worcestershire Sauce
2 tsp. lemon juice	1 tsp. sugar

Serve with sliced lemon.

Soup Combinations:

- (1) Mushroom and Chicken
- (2) Cream of Celery and Tomato

CREAM OF SPINACH SOUP

(Miss Helen J. Macdougall)

$\frac{1}{2}$ to 1 c. spinach strained	2 tbsp. butter
3 c. milk	2 tbsp. flour
2 slices onion	Salt and pepper

Cook the spinach in a small amount of water. Put through a strainer. Cook strained spinach, milk and onion in double boiler 20 minutes. Rub through sieve and bind with flour. Season to taste.

CREAM OF CARROT SOUP*(Miss Helen J. Macdougall)*

1 c. cooked carrot	2 slices onion
1 qt. milk	3 tbsp. butter
Salt and pepper	2 tbsp. flour

Cook carrot—place in double boiler with milk and onion, scald—rub through a sieve—bind, add seasoning. A mixture of vegetable may be used for soups such as carrot, turnip, potatoes, celery, lima beans, onion, cabbage.

ONION SOUP WITH CHEESE

6 small onions	3 pts. water with 4 Bouillion cubes or 3 pts. Brown stock or 3 cans consomme
$\frac{1}{2}$ c. butter	
1 tsp. salt	

Slice onions very thin and cook over low heat in butter until they are tender and golden. Add stock, water or consomme, season with salt and simmer 10 minutes. Place square of toast in soup bowls, fill with soup and sprinkle thickly with Parmesan cheese.

TRICKS WITH SOUP*(Mrs. I. D. Thompson)*

Use undiluted canned soups for sauces; e. g. Tomato, Cream of Mushroom, Asparagus, Celery, etc.

Add Cream of Mushroom Soup to Scallops for a delicious Sunday supper.

Add Canned Soups to Stews, Gravy, Meat Cakes, Meat Loaves, etc. Let your taste be your guide.

For Creamed Chicken use Cream of Mushroom Soup diluted with water or Cream of Celery Soup diluted with Milk.

Serve Canned Clam Chowder or Oyster Soup over boiled Salmon.

Sour Milk Recipies

“Not all on books their criticism waste;
The genius of a dish some justly taste,
And eat their way to fame.”

Use 1 tsp. soda to 1 C. molasses or
to 2 C. sour milk or
to $2\frac{1}{4}$ tsp. cream of tartar

1 tsp. soda plus one of above acids is equivalent to 4 tsp. of baking powder in mixture.

BROWN SUGAR MERINGUE

Beat 2 egg whites until stiff. Slowly add 1 C. sifted brown sugar and beat until smooth. Spread this meringue over batter. Sprinkle with $\frac{1}{2}$ C. chopped nuts. Bake in a moderate oven (350° F.) 45 to 50 minutes.

ORANGE CAKE*(Miss M. Christie)*

1 C. sugar	1 $\frac{3}{4}$ C. flour
$\frac{3}{4}$ C. sour milk	Salt
2 eggs	Vanilla
$\frac{1}{2}$ C. butter	1 orange put through chopper
1 tsp. soda	1 C. raisins put through chopper

Save 2 tbsp. of this mixture to mix into pulverized sugar frosting.

ORANGE CAKE*(Miss Winnie Smith)*

1 C. brown sugar	$\frac{1}{8}$ tsp. salt
$\frac{1}{2}$ C. butter	$\frac{1}{2}$ tsp. cinnamon
1 egg	1 tsp. soda
1 C. raisins	1 C. walnuts
1 orange put through grinder	1 C. dates
1 C. sour milk	2 C. flour

CHOCOLATE CAKE*(Mrs. Jas. Archibald)*

$\frac{1}{2}$ C. butter	2 C. flour
2 C. brown sugar	$\frac{1}{2}$ C. sour milk
2 eggs	2 squares chocolate

Add last $\frac{1}{2}$ C. boiling water with 1 tsp. soda added.

CHOCOLATE CAKE*(Mrs. D. A. Sandilands)*

1 $\frac{1}{2}$ C. granulated sugar	$\frac{1}{2}$ C. butter (cut in pieces)
7 tsp. cocoa	

Pour 3 tbsp. boiling water over and mix until butter is melted.

1 egg well beaten	1 tsp. soda
1 C. sour milk	2 C. flour

1 tsp. vanilla

EAGLE CAKE*(Mrs. D. A. Sandilands)*

1 C. brown sugar	2 C. flour
$\frac{1}{2}$ C. butter	1 tsp. cinnamon
1 egg	$\frac{1}{2}$ tsp. cloves and nutmeg
1 C. sour milk	1 tsp. soda (dissolved in sour milk)
1 C. raisins	

SPICE CAKE*(Mrs. Dexter McCurdy)*

1 1/2 C. gran. sugar	2 1/2 C. flour
1/2 C. butter	1 tsp. cinnamon
1 egg and yolk of one	1 tsp. nutmeg
1 C. sour milk	1 tsp. cloves
1 tsp. soda	Salt

Icing

1 C. granulated sugar	boil
4 tbsp. water	

Add beaten egg white, 1 C. chopped raisins, Vanilla.

TOASTED SPICE CAKE*(Mrs. F. S. Layton)*

2 2/3 C. shortening	1 tsp. baking powder
2 C. brown sugar (sifted)	1 tsp. cinnamon
yolks of 2 eggs	1/2 tsp. nutmeg
1 tsp. soda	1/4 tsp. cloves
1 1/2 C. sour milk	1/4 tsp. salt
2 1/3 C. flour	1 tsp. vanilla

Cream shortening and sugar; add egg yolks and mix thoroughly. Dissolve soda in the sour milk, add milk alternately with sifted dry ingredients. Add vanilla. Mix until smooth. Pour into pan 8" x 12" which has been buttered and floured. Cover the batter with the brown sugar meringue made from the whites as follows:

ROLLED COOKIES*(Miss P. Crawford) per H. M.*

1 C. sour cream	3/4 tsp. soda
2 eggs	Flour stiff enough to roll
1 C. butter	Raisins or shredded cocoanut
2 C. sugar	on top.

SPICED DROP CAKES*(Mrs. C. A. Annand)*

1/2 C. shortening	1 tsp. cinnamon
1 C. brown sugar	1/2 tsp. nutmeg
1 egg	1/2 tsp. cloves
1 C. sour milk	1/2 tsp. salt
2 C. pastry flour	1 C. dates
1 tsp. soda	

Cream shortening, add sugar, then beaten egg and milk, to which soda has been added. Add dry ingredients and cut up dates. Drop in small pattie pans and bake in moderate oven—350° until light brown. Ice with coffee icing and top with walnuts.

DROP COOKIES

(Miss Dorothy Murray)

1 C. sugar	2 tbsp. melted lard
1 egg	2½ C. flour
½ C. molasses	½ tsp. cloves
½ C. sour milk	1 tsp. cinnamon
1 tsp. soda (beat into molasses and sour milk)	1 tsp. salt
	Nuts and raisins to taste

Drop on pan.

OATMEAL COOKIES

(Mrs. Frank Wellard)

½ C. lard	1¾ C. flour (bread)
½ C. butter	1 tsp. soda
1 C. brown sugar	½ C. sour cream
2 C. rolled oats	

Put in refrigerator and chill 2 or 3 days. Cut like ice box cookies and bake in slow oven (300°-325°)

CHOCOLATE NUT JUMBLES

(Mrs. A. B. Banks)

2 squares chocolate	1½ C. flour
½ C. butter	¼ tsp. baking powder
1 C. brown sugar	¼ tsp. soda
1 egg	½ C. chopped walnuts
½ C. sour cream	1 tsp. vanilla

Melt chocolate, work in butter until creamy. Add sugar gradually. Add beaten egg and cream. Sift dry ingredients and add to first mixture. Add nuts and flavoring. Drop by small spoon on buttered pan. Bake 10 minutes. Ice with chocolate icing while hot.

STEAMED CHOCOLATE PUDDING

(Mrs. H. A. Dickson)

1 C. white sugar	1 tsp. baking powder
½ C. butter or shortening	Salt
1 egg	Vanilla
½ C. sour milk	2 tbsp. cocoa in ½ C. boiling water added last thing
1½ C. flour	Steam one hour
1 tsp. soda	
Sauce	
1 C. white sugar	Butter size of walnut
1 C. boiling water	Salt
2 tbsp. cocoa	Vanilla
2 dessert spoons cornstarch	

Serves six. Whipped cream also makes a nice sauce for this pudding.

SUET PUDDING

(*Mrs. E. G. Moxon*)

1½ C. suet	½ lb. citron
1 C. sour milk	1 tsp. soda
1 C. molasses	1 tsp. salt
½ C. sugar	1 tsp. ginger
3 C. flour	½ tsp. cloves
1 C. raisins	½ tsp. nutmeg
1 C. currants	

1 C. currants
Steam four hours.

DATE PUDDING

(Mrs. Helen Embree)

2 C. sugar	1 tsp. cream of tartar
1 egg	$\frac{1}{2}$ tsp. soda
1 tbsp. melted butter	Large cup of flour, enough to
Beat together	make batter like muffins.
1 C. sour milk	1 C. dates
1 tsp. soda or	
1 C. sweet milk	

Steam $1\frac{1}{2}$ hours.

GRAHAM BREAD

(*Mrs. E. G. Moxon*)

2½ C. sour milk	½ tsp. salt
2 tsp. soda dissolved in half of	1½ C. white flour
milk	Enough Graham flour to stiffen
2 tbsp. molasses	batter

Grease pan well, bake in a slow oven.

QUICK GRAHAM BREAD

(*Mrs. L. G. McCurdy*)

1 C. sour milk	2 tbsp. molasses
1 C. brown sugar	1 C. chopped dates and raisins
1 tsp. soda	Graham flour to make a muffin-
$\frac{1}{2}$ tsp. salt	like batter
1 egg	

Beat egg, add sugar, molasses, salt and soda dissolved in sour milk. Add flour and fruit. Bake 1 hour in medium oven.

BOSTON BROWN BREAD

(*Mrs. Elwyn Carter*)

1 C. Graham flour	$\frac{1}{4}$ C. molasses
$\frac{1}{2}$ C. cornmeal	1 C. sour milk
$\frac{1}{2}$ C. bread flour	1 tsp. soda (beaten with milk)
$\frac{1}{2}$ C. sugar	

Bake about $1\frac{1}{2}$ hours in coffee tin with cover on.

SOUR CREAM SCONES*(Mrs. Chas. McLennan)*

2 C. flour	2 tbsp. sugar
$\frac{1}{2}$ tsp. soda	2 tbsp. butter
$\frac{1}{2}$ C. sour cream	$\frac{1}{2}$ tsp. salt

Sift together the flour, soda, salt and sugar. Rub in the butter evenly. Stir in the sour cream. Roll on a floured board to about three-quarters of an inch in thickness. Cut and sprinkle with sugar and bake in a hot oven about 15 minutes. One egg may be added to this recipe if desired, or one-half cup finely chopped raisins.

SOUR CREAM BISCUITS*(Miss Winnie Smith)*

2 C. flour sifted twice	2 tsp. baking powder
1 tsp. salt	1 C. sour heavy cream
1 tsp. granulated sugar	1 egg
$\frac{1}{2}$ tsp. soda	

Mix well with a knife. Knead twenty times on board, roll out and cut with biscuit cutter and bake 20 minutes in 450° oven.

SOUR CREAM RAISIN PIE*(Mrs. Geo. W. Reid)*

1 C. sour cream	1 tbsp. flour
2 eggs (whites for meringue)	$\frac{1}{2}$ C. raisins
$\frac{1}{2}$ C. white sugar	f. g. cinnamon and cloves

Thicken in double boiler, put in cooked pastry shell and use whites for meringue—or—put whites in mixture and bake in the uncooked shell.

SOUR CREAM SALAD DRESSING*(Mrs. Chas McLennan)*

Beat 1 C. sour cream until stiff. Add lemon or pineapple juice for flavoring. This is delicious served with fruit salad and may also be served with green vegetable salads.

GOLDEN PUMPKIN CAKE*(Mrs. Oscar Rohn, per L. B.)*

2 c. bread flour	1 tsp. vanilla
4 tsp. baking powder	$\frac{1}{2}$ c. butter
$\frac{1}{4}$ tsp. soda	2 c. brown sugar
1 tsp. salt	$\frac{3}{4}$ c. cooked pumpkin
2 eggs	$\frac{1}{2}$ c. sour milk
$\frac{1}{2}$ tsp. cinnamon	

Sift flour before measuring, sift flour, baking powder, soda, salt and cinnamon 3 times. Cream butter, add sugar slowly, beat until fluffy, add beaten egg yolks and beat well. Add vanilla and pumpkin and beat well. Add dry ingredients alternately with sour milk, beat until smooth, fold in egg whites. Bake in greased pan 12 x 8, 40 to 45 minutes, oven 350°. When serving as cake use any boiled frosting, or bake plain and serve with whipped cream as pudding.

Supper Dishes

“Some hae meat and canna eat,
And some wad eat that want it;
But we hae meat, and we can eat,
And sae the Lord be thankit.”—*Burns*

SALMON DELIGHT

(*Mrs. Chas. MacLennan*)

Line a baking dish with mashed potatoes. Add $\frac{1}{2}$ c. grated cheese, 1 beaten egg to 1 cup white sauce. Pour half on potatoes. Add flakes (canned or cold) salmon. Pour on remaining sauce and sprinkle with bread crumbs. Brown in oven. Serve with celery.

SALMON MOLD

(*Mrs. E. B. MacDaniel*)

$\frac{1}{2}$ lb. can salmon (or fresh)	1 c. bread crumbs
2 tbsp. melted butter	2 eggs beaten
Steam 1 hr. Serve hot or cold.	

SALMON AND POTATO SCALLOP

(*Mrs. David Vernon*)

Place a layer of sliced cooked potatoes in bottom of casserole. Add layer of canned salmon. Continue until casserole is full then cover with white sauce. Add salt and pepper. Bake 30 minutes.

SWEET POTATO MALLOW

(*Mrs. H. W. Murdock*)

Boil sweet potatoes until soft, drain, mash well, add 1 tbsp. butter, $\frac{1}{2}$ tsp. salt. Beat with a spoon for several minutes. Turn into buttered casserole. Cover with marshmallows and brown in oven. Serve hot with meat course or as supper relish.

SWEET POTATOES EN CASSEROLE

(*Mrs. Leonard Rajuse*)

Cook sweet potatoes until they are nearly tender. Cool, pare, cut into slices about $\frac{1}{2}$ inch thick. Butter a casserole and place potato slices in it. Cream together 1 c. brown sugar, $\frac{1}{4}$ c. butter. Spread this over the potatoes. Pour $\frac{1}{2}$ tbsp. vinegar over all. Place casserole in moderate oven and bake 30 minutes. Take from oven and top with border of marshmallows. Return to oven and lightly brown marshmallows.

For variation, put prepared potato slices in casserole, dot with butter, sprinkle with brown sugar and a little flour, add milk to cover potatoes. Bake in moderate oven.

GOLDILOCKS POTATOES*(Mrs. V. D. Crowe)*

$2\frac{1}{2}$ c. mashed potatoes, season with salt and pepper. Add sufficient hot milk to whip light. Heap in greased custard cups. Whip $\frac{1}{2}$ c. heavy cream. Add 6 tbsp. grated spreading cheese. Blend thoroughly. Spread over potatoes. Bake in moderate oven (350°) 15 minutes.

PARIS POTATOES*(Miss M. A. Beresford)*

Cut the potatoes in rather thick slices and fry as usual in butter or dripping. Place them on a plate and let them go perfectly cold. Heat in the frying pan plenty of dripping (oil is often used in France) and put in the slices of potatoes which will quickly puff up into air-balls; brown and serve immediately.

POTATO SOUFFLE*(Mrs. Frank Lewis)*

2 c. hot mashed potatoes	2 tbsp. butter
2 eggs, separated	cayenne
1 c. milk	salt
$\frac{1}{2}$ c. grated cheese	pepper
3 drops Worcester Sauce	

Using a fork, whip the butter into the hot mashed potatoes. Beat egg yolks until very light. Work them into potato with the seasoning. Just before placing in oven, fold in the stiffly beaten egg whites.

Cook in moderate oven (375°) for about 25 minutes. Time this souffle exactly, because it must be served immediately.

SQUASH SOUFFLE*(Mrs. Bert Hunt)*

2 c. cooked squash	1 egg
1 $\frac{1}{2}$ c. milk	1 tbsp. butter
salt, pepper	

Beat ingredients all together, place in a baking dish and brown in a medium oven.

CAULIFLOWER AU GRATIN*(Mrs. Dora Wellard, per H. MacD)*

Select a nice white cauliflower, discard outer leaves, cut several gashes across the bottom part of the stalk to help it to cook more quickly, and soak the whole vegetable in salted water for an hour or so to cleanse it. Then cook it in boiling water to cover, being careful not to let it boil fast enough to break it. (It can be tied in muslin while boiling). Remove the cauliflower to a pyrex dish of suitable size, pour over it a generous amount of white sauce which has in it grated cheese to suit the taste, and over all sprinkle buttered and seasoned bread crumbs. Brown under broiler or in oven, and serve.

BAKED MUSHROOMS*(Miss M. A. Beresford)*

Peel and wipe the mushrooms and cut off the stalks. Butter a vegetable dish, arrange a layer of mushrooms in it, sprinkle with salt, pepper, some bread crumbs and a few pieces of butter. Repeat until dish is full and bake in a moderate oven for twenty minutes. Serve in the dish with folded napkin round.

VEGETABLE CHOWDER*(Miss Helen J. Macdougall)*

4 potatoes	3 strips of bacon cut in dice
3 carrots	and tried out
3 onions	3 tbsp. flour
2 cups canned tomato	2 c. milk
2 tsp. salt	

Cut potatoes and carrots in small pieces; add enough water to cover and cook 20 minutes. Chop onions and cook in fat for five minutes. Add with tomatoes to vegetables. Heat to boiling point, add milk and seasonings. Thicken with flour.

TOMATO SUPPER DISH*(Mrs. Frank Lewis)*

1 can tomato	$\frac{1}{4}$ tsp. soda
1 small onion—chopped fine	
Stew first two. Add soda. Skim.	
Add: 1 tbsp. sugar	2 eggs, well beaten
$\frac{1}{2}$ tsp. salt	1 c. cracker crumbs
pepper	2 tbsp. milk

Mix and put in scallop dish. Sprinkle with buttered cracker or bread crumbs, and bake about half an hour.

SCALLOPED TOMATOES AND CHEESE*(Mrs. Kenneth Cox)*

4 firm tomatoes	4 tbsp. grated cheese
$\frac{1}{2}$ c. bread crumbs	butter, salt, pepper, sugar

Wash tomatoes and cut out stem end. Cut in thick slices and fry slowly in butter. Put them carefully in a shallow baking dish, sprinkle with salt, pepper and sugar and cover with cheese mixed with bread crumbs. Dot generously with butter and bake in a hot oven until brown on top.

CHEESE AND TOMATO SUPPER DISH*(Miss Mary Whidden)*

Cook one cup of rice in salted boiling water.

Put in scallop dish and cover with 1 can of tomatoes. Grate one cup Nova Scotia Cheese over top and bake in oven until golden brown.

CHEESE DREAMS*(Mrs. Chas MacLennan)*

1 tbsp. butter	1 tsp. Worcester Sauce
1 beaten egg	1 pkg. Kraft Cheese
salt, mustard and paprika	12 slices bread

12 slices bacon

Add butter, seasoning and beaten egg to creamed cheese. Spread thickly on bread. Cover with slices of bacon. Bake in moderate oven till bacon is crisp. Serve with chow.

CHEESE PUFFIT*(Miss Marion Carter)*

1 c. chopped ham	2 eggs, separated
1 tsp. onion	$\frac{1}{2}$ tsp. salt
2 tbsp. Crisco	$\frac{1}{4}$ tsp. paprika
2 slices bread, crumbled	$1\frac{1}{3}$ c. hot milk
$\frac{1}{4}$ lb. cheese	1 tsp. Crisco

Brown onion and ham slightly in 2 tbsp. Crisco. Heat milk and butter and pour over bread crumbs, cheese, salt and beaten egg yolks. Let stand 20 minutes. Fold in whites and pour over ham. Bake in a slow oven 45 minutes.

CHEESE SOUFFLE (Will not fall)*(Mrs. H. A. Dickson)*

1 c. milk	1 c. grated cheese
3 tbsp. minute tapioca	1 tsp. salt
3 eggs	

Scald milk in double boiler, add tapioca and cook 15 minutes stirring frequently. Add cheese and stir until melted, remove from heat and cool. Stir in egg yolks beaten light. Add salt to egg whites and beat until stiff. Fold lightly into cheese mixture. Turn into greased baking dish and bake about 40 minutes in a moderate oven.

CHEESE SOUFFLE*(Miss Ena Thomas)*

1 c. fine bread crumbs	1 tbsp. butter
1 c. milk	$\frac{1}{2}$ tsp. salt
1 c. grated cheese	3 eggs

Add the milk to the crumbs and when they are soft add grated cheese, salt, softened butter, and beaten yolks of eggs and beat all together. Now fold in the (3) stiffly beaten egg whites. The souffle dish should be lightly buttered and only $\frac{2}{3}$ filled with the mixture. Set the dish in a larger pan of hot water and oven poach for 40-45 minutes at 275°, increasing heat to 325°. Test with a wisp.

CHEESE SOUFFLE*(Mrs. J. D. Learment) per D. C.)*

1 c. milk	2 tbsp. butter
3 tbsp. flour	1 c. grated cheese
4 eggs	pinch soda, pinch mustard,
salt and pepper	dash cayenne

Place butter in double boiler to melt. Add flour, stir until thick, then add milk gradually and finally grated cheese. Stir in carefully the beaten egg yolks and cook over hot water 1 minute. Season and cool. Fold in thoroughly the stiffly beaten white of eggs and pour into a buttered baking dish. Bake like custard until well set (about 30 minutes) (Cook all cheese dishes at a low temperature).

CHICKEN SOUFFLE*(Mrs. John Millard)*

2 tbsp. butter	1 c. chopped chicken
3 tbsp. flour	1 c. chopped celery
1 c. milk	$\frac{1}{2}$ tsp. salt
$\frac{1}{2}$ c. sugar	3 eggs

Melt butter in pan. Stir in flour. Add milk stirring constantly. Cook until thickened. Remove from heat. Add chicken, celery, sugar and salt. Mix thoroughly. Add yolks, one at a time beating thoroughly after each. Beat whites until stiff but not dry. Fold in. Pour into baking dish. Place in pan of hot water. Bake in oven 375° for 45-50 minutes.

ASPARAGUS SOUFFLE*(Mrs. Chas MacLennan)*

3 tbsp. flour	$1\frac{1}{2}$ c. finely grated cheese
3 tbsp. butter	1 c. chopped asparagus
1 c. scalded milk	$\frac{1}{2}$ tsp. salt
3 eggs beaten separately	$\frac{1}{2}$ tsp. baking powder

Make white sauce, add cheese, stir until melted. Add asparagus, beaten yolks and seasonings. Then fold in whites to which baking powder has been added. Bake about 45 minutes. Test with knife. (This may be made with spinach instead of asparagus.)

EGGS PAPEETE*(Mrs. Kenneth Cox)*

1 c. tomato soup	2 tbsp. finely minced onion
$\frac{3}{4}$ c. water	4 eggs
1 c. bread crumbs	salt and pepper
$\frac{1}{2}$ c. cooked or canned peas	grated cheese

Dilute tomato soup with water, add bread crumbs, peas and minced onion. Turn into greased baking dish. Break eggs carefully on top, sprinkle with salt and pepper and cover with grated cheese. Bake in a moderately slow oven until eggs are set (15 to 20 minutes). Serves four.

CORN SOUFFLE*(Mrs. F. M. Blois)*

1 level tbsp. butter, melted	1 c. milk
2 tbsp. flour	

Stir these together. Add

1 can corn	yolks of 2 eggs, beaten well
1 tsp. salt	

Add last egg whites stiffly beaten. Bake in oven 400° for twenty-five minutes.

SCRAMBLED EGGS AND TOMATO*(Miss M. Harris)*

Scramble 3 eggs in a cup of highly seasoned stewed tomatoes. Serve on toast.

CORN PANCAKES*(Mrs. L. B. Schurman)*

1 egg	1 tsp. cr. of tartar	in flour
1 c. sweet milk	$\frac{1}{2}$ tsp. soda	
1 c. canned corn	1 tsp. salt	

flour enough to make batter right consistency

Small piece of melted butter about the size of a walnut. Drop small quantity in pan making about three to each cooking. Serve with maple syrup.

BAKED ONIONS WITH CORN AND BACON*(Mrs. L. C. McCurdy)*

Parboil 4 or 5 medium sized onions in salt and water 20 minutes. Drain, remove top slice and centre of onion leaving about $\frac{1}{2}$ inch around edge. Fill cavities with canned corn seasoned with butter, pepper, and salt. Top with bread crumbs and butter. Bake till tender. Serve with crisp bacon slices.

EGG SCALLOP*(Mrs. V. D. Crowe)*

Make thin white sauce. Butter baking dish. Break 6 eggs, add layer of sauce. Sprinkle butter and salt over eggs, $\frac{1}{4}$ c. cheese over sauce. Add another layer of sauce and another $\frac{1}{4}$ c. cheese. Sprinkle with cup of buttered crumbs. Bake 25 minutes in moderate oven.

SAVORY HAM AND EGGS*(Mrs. V. D. Crowe)*

Halve 8 hard cooked eggs, blend mashed yolks with $\frac{1}{4}$ c. softened butter, $\frac{1}{2}$ tsp. Worcester Sauce, $\frac{1}{4}$ tsp. prepared mustard, 1 tsp. minced parsley, 1 tbsp. grated onion. Add $\frac{1}{3}$ c. boiled ham. Stuff egg whites generously. Arrange in greased casserole dish. Pour over Bechamel Sauce (see sauces). Sprinkle with 1 c. grated cheese. Heat 25 minutes. Serves 6.

RUSSIAN EGGS*(Miss Cora Archibald)*

6 hard boiled eggs cut in halves length-wise. Mix yolks with 1 tbsp. grated cheese, 2 gherkins and 2 pickled walnuts, chopped. Fill the whites with this mixture. Make a cream sauce. Pour over eggs and sprinkle thickly with grated cheese. Brown in oven. Serve with green salad.

EGGS IN BREAD CASES*(Mrs. C. K. Munro)*

12 slices bread	salt, pepper
soft butter	grated cheese
6 eggs	crisp bacon

Cut bread in large rounds with cookie cutter. Spread 6 with butter. Remove centre of other 6 with small cutter and butter. Place on top of rounds. Into each case drop one egg carefully. Sprinkle with salt, pepper, and grated cheese. Bake in hot oven (475°) 7-10 minutes. Serve with crisp bacon.

TUNA FISH TIMBALES*(Miss Reta Donkin)*

1 c. hot milk	$\frac{1}{2}$ tsp. salt
1 tbsp. butter	$\frac{1}{2}$ onion
$\frac{1}{4}$ c. bread crumbs	2 eggs
$\frac{1}{4}$ tsp. paprika	2 c. tuna fish

Scald milk, add melted butter, sifted crumbs, seasoning, grated onion, beaten eggs and fish. Turn into greased molds, put in pan of hot water and bake in a slow oven about $\frac{3}{4}$ hr. Serve with cheese sauce.

Cheese Sauce

2 tbsp. butter	$\frac{2}{3}$ c. grated cheese
2 tbsp. flour	$\frac{1}{2}$ tsp. salt
2 c. milk	$\frac{1}{2}$ tsp. mustard
$\frac{1}{2}$ tsp. paprika	

Melt butter, add flour and blend, add milk and stir until thick. Add seasonings and cheese.

TUNA FISH PIE*(Mrs. Chas. MacLennan)*

1 can tuna fish	2 tbsp. flour
1 can chicken soup	$\frac{1}{4}$ c. cold water
1 small onion	salt and pepper

Flake the tuna fish. Add to the chicken soup the flour mixed with the cold water, onion cut small, and salt and pepper to taste. Put fish in baking dish and cover with soup. On top of this put individual servings of biscuit dough (cut like large biscuits). Bake in a quick oven. Serve with sweet pickles.

OYSTER STEW*(Mrs. L. B. Schurman)*

1 can oysters	pepper
$\frac{1}{2}$ tsp. salt	1 tsp. butter
2 cups milk	3 tbsp. cracker crumbs

Strain the oysters over a bowl. Rinse with cold water and pick over. Add the crumbs and oyster liquid to the milk and heat in double boiler. When fairly hot add a pinch of soda.

Add the butter, seasoning and oysters. Cook until oysters are plump and edges curl. Serve at once.

TOMATO OYSTER*(Miss Millie Yuill)*

Slice six or eight medium sized green tomatoes very thinly. Boil until tender in enough water to cover. Add $\frac{1}{2}$ tsp. salt and pinch of soda. Drain. Add 1 pint sweet milk, 2 tbsp. butter, pepper and salt to taste. Bring to the boil and serve immediately.

CANADIAN CHOP SUEY*(Mrs. Lloyd Black)*

1 lb. Hamburg steak	2 slices bacon
$\frac{1}{2}$ pkg. macaroni	1 onion (small)
1 can tomato soup with	salt
$\frac{1}{2}$ can water added	pepper

Sear meat in frying pan. Boil macaroni until soft. Drain and blanch in cold water. Put layer of meat in baking dish. Sprinkle over some cut onion then a layer of macaroni and so on until all is used. Pour heated soup over all. Cut the bacon in small pieces and put on top. Bake until nicely browned.

Cold meat put through the chopper is also good in place of Hamburg.

RICE AND HAMBURG SCALLOP*(Mrs. N. MacG. Layton)*

1 $\frac{1}{2}$ c. cooked rice	1 can tomato soup or tomato
1 $\frac{1}{2}$ lbs. cooked hamburg	sauce
1 or 2 onions fried until tender	salt to taste
Combine meat, rice, onions and tomato soup in scallop pan with salt. Cover with buttered bread crumbs and bake until brown.	

FRUIT SALAD

6 heads lettuce	1 c. walnuts
2 doz. oranges	2 c. cubed celery
2 cans pineapple	6 bananas
1 lb. malaga grapes	1 qt. salad dressing
$\frac{1}{4}$ lb. candied cherries	

CON-CARNE HOT SUPPER DISH*(Mrs. F. L. Snook)*

1 lb. Hamburg steak	1 tbsp. Worcester sauce
1 can tomatoes	pinch cayenne pepper
1 can kidney beans	2 tsp. salt
1 tbsp. butter	1 tbsp. flour
2 small onions (cut)	1 c. cooked rice

Heat butter and onions till brown. Cover with water, cream flour with tomato juice. Add other ingredients. Cook in casserole about 1 hr. Serve hot.

BEEF CARUSO*(Mrs. Kenneth Cox)*

1 pkg. elbow macaroni (9 oz.)	1 can condensed mushroom soup
2 c. cubed cooked beef	$\frac{1}{2}$ c. milk
1 c. grated cheese	$\frac{1}{2}$ tsp. salt pepper

Cook macaroni in boiling salted water until tender. Drain. Place in greased casserole. Place beef in center. Sprinkle with cheese. Heat soup, add milk, salt and pepper. Pour into casserole. Bake 30 minutes in moderate oven (350°).

SAUSAGE SWEET POTATO SCALLOP*(Mrs. K. M. Lewis, per D.M.R.)*

6 sweet potatoes	2 tbsp. brown sugar
2 tbsp. butter	1 egg
1 tsp. salt	milk to moisten
1 lb. sausages	

Boil sweet potatoes, peel, and put through ricer. Add other ingredients. Beat until fluffy. Pile in buttered dish and press sausages on top. Bake in hot oven until brown. Reduce heat and cook 10 minutes longer.

FRUIT PUNCH (50 Punch Glasses)*(Mrs. K. M. Lewis, per D. M. R.)*

3 tsp. tea steeped in 2 cups boiling water. Strain. Add $\frac{1}{2}$ cup sugar. Cool.

Add: 2 cups crushed pineapple	2 tbsp. grated orange rind
2 cups preserved cherries or strawberries (sweet)	Rind of cucumber cut in a spiral (decoration)
$\frac{3}{4}$ cup lemon juice	1 quart Gingerale (add when ready to serve)
1 $\frac{1}{2}$ cups orange juice	

VEGETABLE PLATE

(Miss Helen J. Macdougall)

Potato—boiled, mashed, baked, creamed, etc.
3 or 4 different kinds of vegetables

Place the potato in the centre of the plate and group the other vegetables around it. This makes an appetizing dinner or supper dish and if necessary the vegetables can be prepared in the morning and cooked at night. Care should be taken not to pile the vegetables carelessly. Each vegetable should have a definite place on the plate. Vegetables of contrasting colors and shapes add to the attractiveness of the vegetable plate. This is also a good way of using up left-over vegetables.

The following are combinations which might be used in addition to potatoes:

Cabbage	Onions	Squash	Chard
Carrots	Buttered Beets	Beet Tops	Canned Corn
Parsnips	String Beans	Parsnips	Carrots
Peas	Turnip	Onion	Peas

RECIPES FOR FIFTY SERVINGS

1½ qts. milk and cream mixed as desired, will pour 40 to 50 cups tea or coffee.

BOILED COFFEE

1 lb. coffee	2 c. cold water
2 eggs	8 qts. boiling water

COCOA

1½ c. cocoa	5 qts. milk
2 c. sugar	4 qts. boiling water

ESCALLOPED POTATOES

6 qts. sliced potatoes	1½ c. butter
2 qts. hot milk	3 tbsp. salt
½ c. flour	juice of 1 lemon

TOMATO SCALLOP

6 qts. tomatoes	4 tbsp. salt
½ c. sugar	1/8 tsp. cayenne
1 c. butter	8 c. bread crumbs

VEAL LOAF

12 lbs. veal	6 eggs
2 lbs. salt pork	½ c. melted butter
3 tbsp. salt	3 c. crumbs
1 tsp. pepper	milk to moisten

TEA BISCUITS

3 qts. flour	1 qt. milk or more
2 tbsp. salt	6 tbsp. butter
½ c. baking powder	6 tbsp. lard



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